

DrScholl's

GENUINE LEATHER Comfort

LOAFERS



Only Genuine Leather Dr.Scholl's per pair Black per pair OAFERS and FREE 2 pairs 55.40 3 pairs 80.75 Shipping Haband #1 Bargain Place Tan Men's D Widths: 7 7½ Jessup, PA 18434-1834 9½ 10 10½ 11 Men's *EEE Width __ pairs. I enclose \$_ (\$4 more per pair): 8 8½ 9 10 10½ 11 12 13 purchase price plus \$6.99 postage.FREE **Pewter** 12 13 In GA add sales tax. Grey On-Line Quick Order MasterCard VISA WHAT WHAT HOW SIZE? WIDTH? MANY? \odot 7EC-42J19

DISCOVER.

Check

Imported

City & State

promote better air

circulation

#1 Bargain Place Jessup, PA

18434-1834

Shop Online: Haband.com

BLACK 01 AMERICAN 02 **EXPRESS** 6B **PEWTER GREY**

and FREE SHIPPING to boot!

D6 COPPER BROWN Ехр.:

Card # Mr Mrs Ms Address Apt. #

Zip

100% Satisfaction Guaranteed or Full Refund of Purchase Price at Any Time!

flexible comfort



Lawyers at Fleming & Associates are licensed in TX with principal offices in Houston, TX and associate with experienced lawyers throughout the U.S.



20 Our Helmets Duel No More

A U.S. general and his Vietnamese counterpart meet to lay the past to rest, and pray for peace. *By Retired Lt. Gen. Hal Moore*

24 Darryl Worley Hasn't Forgotten

Known for his stirring anthem about 9/11, the country star continues to sing of patriotism and the troops. *By Matt Grills*

28 Missing in America

The hunt is on for unclaimed veterans' ashes, so they may receive the military burials and honors they're due. By Matt Grills

34 The Homecoming of José Pequeño

ON THE COVER Photo by Amy C. Elliott Doctors said he'd die of severe brain injury, but a determined Marine and his family proved them wrong. By Philip M. Callaghan

40 Lost in Translation

Iraqis who risked life and limb to help the United States struggle to build new lives in America. *By David Fisher*

44 Spinal Cord Super Center

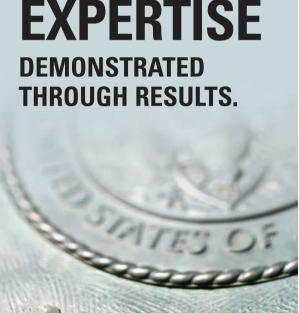
The Minneapolis VA Medical Center opens a truly state-of-the-art facility for those suffering spinal-cord injuries and disorders. *By Steve Brooks*

- 5 Vet Voice
- 8 Commander's Message
- 10 Big Issues
- 12 Living Well
- 19 Veterans Update
- 48 Rapid Fire
- **62** Comrades
- **68** Parting Shots

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.7 million members. These wartime veterans, working through 15,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

ATTENTION VICTIMS OF ASBESTOS-RELATED MASSIVE ASSESSED FOR A SECTION ASSESSED FOR A SECTION

COMMITMENT
SHARED THROUGH
OUR SERVICE.





Bud Coady Harvard, 1979 USMC, 1979-89, 1991 Gulf War Veteran Attorney at Law



Dave Fanikos Harvard, 1985 USMC 1986-1989 Attorney at Law

Like you, we served our country. And like you, we believe in just compensation for those diagnosed with Mesothelioma. For 20 years, Coady Law Firm Attorneys have successfully represented veterans stricken by Asbestos-related Mesothelioma, securing millions of dollars to help pay for healthcare and support their families.

Coady Law Firm offers free, no-obligation consultation nationwide, and does not expect compensation until your suit has succeeded. Unlike other lawyers, we are veterans who share your values and are personally committed throughout your case.

Coady Law Firm. Fellow veterans and trusted attorneys, who believe in defending our shipmates.

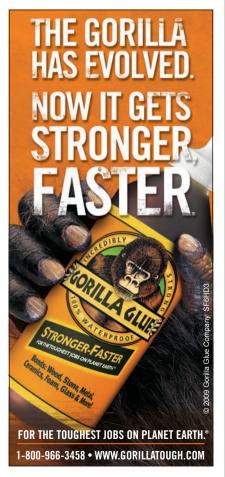
Call 1-888-802-MESO (6376), and we will come to you for a free consultation.

Call 1-888-802-MESO (6376) FOR A NO OBLIGATION CONSULTATION.

COADY LAW FIRM

205 Portland Street • Boston, MA 02114 • E-Mail: info@coadylaw.com







abruptly ended after the assassination of President Kennedy in 1963. No one could have anticipated that year would be the last in the series. Now BUY ONE 1963 Franklin 90% silver release in original Brilliant Uncirculated quality and GET ONE FREE. Our set includes the Philadelphia (no mintmark) and Denver ("D" mintmark above the Liberty Bell) issues. Set: \$29 (#43221). 30-Day No-Risk Home Examination: Money-Back Guarantee.

International Coins & Currency

62 Ridge St., Dept 4978 Montpelier, VT 05602

Order at 1-800-451-4463 www.iccoin.net (many more great deals) 4978

THE AMERICAN

NATIONAL COMMANDER David K. Rehbein DURI ISHER The American Legion **EXECUTIVE DIRECTOR** William M. Justis FDITOR Philip M. Callaghan MANAGING EDITOR ASSISTANT DIRECTOR/ Brandy Ballenger ADMINISTRATIVE ASSISTANT Joyce Cole SENIOR EDITOR Steve Brooks ASSOCIATE EDITOR Matt Grills ASSISTANT EDITOR James V. Carroll CONTRIBUTING EDITOR Alan W. Dowd

ART DIRECTOR Holly K. Soria DESIGNER Matt Everett PRODUCTION MANAGER Tony Heath

THE AMERICAN LEGION MAGAZINE COMMISSION

CHAIRMAN Dennis J. Henkemeyer Bagley, MN VICE CHAIRMAN James H. Hall Hopewell, NJ COMMANDER'S

Terry D. Lewis Philadelphia

CONSULTANT Rodger A. Bennett Thawville, IL Robert A. Corrigan Bronx, NY

MEMBERS Roger H. Anderson South Windsor, CT James F. Angell Sedro Woolley, WA Harold F. Arnold Statesboro, GA

Sam Barney Lancaster, OH Thomas L. Burns Ocean View, DE Claude B. Carpenter Little Rock, AR James W. Conway Charlestown, MA Philip B. Finley Colby, KS Richard A. Font Shalimar, FL Dennis E. Fritz Columbus Junction, IA Charles E. Hartman Eau Claire, PA Theodore Hartmann Smithton, IL Roy L. Kirkham Minden, LA James J. Levser Fresno, CA John J. Michalski New Carlisle, IN Silas M. Noel Frankfort, KY Robert E. Vass Sr. Huntington, WV David R. Walkup Oklahoma City

NEC LIAISON

William W. Kile Chairman, Petersburg, WV Andrew W. Johnson Honolulu Salvatore Ruvolo Henderson, NV Floyd W. Turner Birmingham, AL

Frank C. Ward Greenville, SC

ADVERTISING

ADVERTISING DIRECTOR Diane Andretti ASSISTANT ADVERTISING MANAGER ADVERTISING ASSISTANT Laura Edwards CONTACT

ADVERTISING SALES

Amanda A. Harpenau (317) 630-1282 (317) 630-1283 The American

Legion Magazine P.O. Box 7068 Indianapolis, IN 46207 James G. Flliott Company, Inc.

NEW YORK (212) 588-9200 (248) 530-0300 CHICAGO (312) 236-4900

(213) 624-0900 LOS ANGELES

Copyright 2009 by The American Legior

The American Legion (ISSN 0886-1234) is published monthly by The American Legion, 5745 Lee Road, Indianapolis, IN 46216. Periodicals postage paid at Indianapolis, IN 46204 and additional mailing offices.

POSTMASTER: Send address changes to The American Legion, Data Services, P.O. Box 1954, Indianapolis, IN 46206

Canada Post International Publications Mall (Canadian Distribution) Sales Agreement No. PM40063731. Return Undeliverable Canadian Addresses to: Station A, P.O. Box, Windsor ON N9A 6J5. Re-entered second-class mail matter at Manila Central Post Office dated Dec. 22, 1991



Printed in USA Member Audit Bureau of Circulations

The Magazine for a Strong America

HOW TO CONTACT US

For assistance with membership record verification. membership applications, change of address. notification of member death or changes to magazine or Dispatch subscriptions, contact customer service.

CUSTOMER

(317) 860-3111 cs@legion.org The American Legion Data Services

PO Box 1954 Indianapolis, IN 46206

For change of address by mail, attach old address

NATIONAL HEADQUARTERS (317) 630-1200 700 N. Pennsylvania St Indianapolis, IN 46204

AMERICAN LEGION

PO Roy 1055

Indianapolis, IN 46206

E-MAIL TELEPHONE magazine@legion.org (317) 630-1298 www.legion.org

WEB SITE SUBSCRIPTIONS

Free with membership Non-members: \$15

Foreign: \$21 Post-sponsored and widows: \$6 Single copies: \$3.50

MEMBERSHIP IN THE AMERICAN LEGION

Veterans who served at least one day of active military duty during wartime, or are serving now, are potentially eligible for membership in The American Legion. Members must have been honorably discharged or still serving honorably.

ELIGIBILITY DATES OF MILITARY SERVICE

Aug 2, 1990 - current Dec. 20,1989 - Jan. 31, 1990 Aug. 24, 1982 - July 31, 1984 Feb. 28,1961 – May 7, 1975 June 25, 1950 - Jan. 31, 1955 Dec. 7, 1941 - Dec. 31, 1946 April 6, 1917 - Nov 11, 1918 (Merchant Marines who served

from Dec. 7, 1941 to Dec. 31, 1946 are also eligible.)

Membership Division ia@legion.org (317) 630-1321

www.legion.org

PROGRAM CONTACT INFORMATION

VETERANS AFFAIRS (202) 861-2700 & REHABILITATION var@legion.org **ECONOMICS**

202.861.2700 econ@leaion.ora (800) 504-4098

FAMILY SUPPORT NETWORK

familysupport@legion.org (317) 630-1384

CITIZENS FLAG ALLIANCE

cfa@cfa-inc.oro www.cfa-inc.org

LEGION RIDERS

(317) 630-1265 www.legion.org/legionriders wsloan@legion.org (317) 630-1249

AMERICAN LEGION BASEBALL

jquinlan@legion.org www.baseball.legion.org

BOYS NATION

(317) 630-1207 jdruskis@legion.org

JUNIOR SHOOTING SPORTS NATIONAL ORATORICAL CONTEST

(317) 630-1249 mbuss@leaion.ora mbuss@leaion.ora

HEROES TO HOMETOWNS

(703) 908-6250 heroestohometowns@legion.org

SCHOLARSHIPS & CHARITABLE TRUSTS

AMERICAN LEGACY **SCHOLARSHIP** AMERICAN LEGION ENDOWMENT FUND

(317) 630-1212 mnovak@legion.org (317) 630-1202

CHILD WELFARE FOUNDATION NATIONAL EMERGENCY FUND

(317) 630-1202 www.cwf-inc.org (317) 630-1202 ia@legion.org

AMERICAN LEGION MERCHANDISE

ORDER PLACEMENT (888) 453-4466 AND CATALOG emblem.legion.org emblem@legion.org REQUESTS

AMERICAN LEGION FAMILY

AUXILIARY

AMERICAN LEGION (317) 569-4500 www.legion-aux.org SONS OF THE (317) 630-1200 www.sal.legion.org

The Power of Power'

The energy articles (March) were interesting, but having been involved with renewable energy full time as an entrepreneur since 2006, and there when President Bush launched his renewable energy initiative, I can add a different perspective. The generalizations made in the article, especially about wind turbines and bioenergy, are not entirely correct and are just that: generalizations.

There are reasons why these renewable energy sources continue to have drawbacks, and there are relatively easy, economical and existing fixes that address each one. But as long as massive amounts of free money are handed out for research, with no accountability, there are no incentives to correct the problems and go into production. Technical issues are not the real dilemma, but rather politics, greed and selfishness.

When I was carrying a rifle, it was, "Defeat the enemy one round at a time." Now it's one gallon at a time, adding new meaning to "against all enemies foreign and domestic."

- Jon C. Hall, Menard, Texas

"The Power of Power" was an extremely informative and easy-to-understand compilation concerning this growing dilemma in the United States, and the world, over the demand for energy resources. The data described in this series of articles needs to be available to all Americans. Thanks for your continued efforts to inform the membership of important issues.

- Harley I. McPeek Jr., Slidell, La.

I was impressed with the March articles on energy and believe that, for the most part, the writers presented a very unbiased report. I only wish they had spent some time on the Department of Energy. The comments from its new secretary, Steven Chu, are a joke.

Review the department's original charter. Its success rate is zero – actually, worse than zero, as it has now established itself as a significant bureaucratic monster. It's never produced a bit of valid evidence to reduce our energy dependence. Our country possesses

more energy resources than all of the Middle East, yet environmentalists and the not-in-mybackyard groups are preventing us from developing them.

The Department of Energy spends billions of dollars and can show only one thing for it: employing more and more federal workers whose only claim to success is the moving of paper from one basket to another and making reports of all they're accomplishing.

If our new president really wants to reduce government waste and spending, this department is a great place to start.

– James Murphy, Los Osos, Calif.

I am one of the 20,000 scientists and engineers across the United States who have signed a petition stating that carbon dioxide is not causing any climate change or global warming, and is not a causative greenhouse gas. The only greenhouse gas in this planet's atmosphere is water vapor, and the only global-warming

VET VOICE

pollution I'm aware of is the hot air coming from the idiots in Congress who want to codify this sort of junk-science into law.

The United States has plenty of energy resources to carry us through to 2200 without much trouble at all. And there is no reason to do anything with automobiles that would change the status quo.

- Bob Clark, Monroe, Wash.

Solar power requires a good deal of machinery to convert its direct current (think flashlight battery) to alternating current (household). The cost of panels is dropping, but I haven't heard much about reducing the cost of the machinery.

And the problem of nuclear waste needs solving. I have a patent on the subject that's been sitting at the Department of Energy for three years. If the waste problem is resolved, nuclear development could go forward rapidly, with a big argument against it removed.

- Larry Altersitz, West Deptford, N.J.

The Employee Free Choice Act

In March's Big Issues, Sen. Jim DeMint, R-S.C., refers to union bosses. I'm not sure what a union boss is, so I must consider myself one of them, being a union member.

DeMint's claims of harassment and coercion by union organizers has no validity, unless you consider that it's being committed by management and unionbusting companies.

He speaks of a decline in organized labor's power, which he claims coincided with an era of great economic expansion. I must ask, was that in our country or some other nation? Certainly, many of my Legionnaire friends and union friends alike cannot attest to this expansion, especially those who have lost their jobs.

Contrary to DeMint's allegations, the Employee Free Choice Act would not endanger the democratic process of voting for a union. It would only level the playing field for those wishing to form or join a union.

- Lawrence R. Doyle, Northfield, Ohio

Rep. Keith Ellison's take on this dreadful piece of legislation is typical liberal misrepresentation. Free choice is the absolute opposite of what the Employee Free Choice Act would mandate. Instead, it would take away the secret ballot, forcing all workers to openly declare, in front of union thugs, whether or not they wish to unionize.

Union membership has dramatically shrunk in this country. It's not 1920, and there are pages and pages of laws that protect workers. Those in non-union auto plants are quite pleased with their situation and don't want to be bullied into union-mandated low productivity.

– Charles Busbey, Dripping Springs, Texas

'An Unsolved Medical Mystery'

Thank you for the article on ALS (March). My husband, a Vietnam War Army veteran and Legionnaire, died of ALS in November 2007. Although the progress of his ALS was quick – four weeks – his suffering was intense, and we were thankful

he didn't linger. The ALS Association was quick to notify me of the change in legislation last October, and now, because of the hard work of researchers and The American Legion, I receive VA survivor benefits because of my husband's military service. Thank you for educating others. Now let's find a cure.

- Paula Scott, Haven, Kan.

'Eight Thousand Mysteries'

The article about Sgt. Richard Desautels (February) is a slap in the face to members of the 581st Air Resupply and Communications Wing who were held in China for more than two years after the prisoner exchange in July 1953.

We had four unarmed and unmarked black B-29 bombers, and flew one plane each night from Yokota, Japan, to Korea and back for various missions. When you were flying "unconventional warfare missions" for the CIA, you were told what to do and not why. We suspected that some of our crewmembers were not Air Force personnel but CIA agents. We were also told not to discuss our missions for 50 years.

I have an article, written in 1998, with a photograph that shows Col. John Arnold and surviving crew being released Aug. 4, 1955, and coming out of China. Saying that the mystery of Richard Desautels "might help answer whether or not American POWs were secretly held in communist China during and after the war, and something the Chinese have denied for five decades," is wrong.

- Arthur Snyder, Cranford, N.J.

THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

Include your hometown and a daytime phone number for verification. All letters published are subject to editing.

Due to the volume of mail received, not every letter can be acknowledged.

The American Legion Magazine, P.O. Box 1055, Indianapolis, IN 46206

magazine@legion.org



For military veterans faced with a prostate cancer diagnosis, look to treatment options with a long record of proven service. TheraSeed® has 12+ years of proven history. Cure rates* are better or equal to surgery. Ask your doctor. It's a minimally invasive outpatient treatment that works with a lower risk of incontinence and impotence. A one-time, approximately 45-minute procedure,

TheraSeed® treatment also results in a quicker

recovery time than surgery.3

Remember the name, Forget the cancer.

*Biochemical disease-free survival. ¹ As supported by 12-year independent clinical studies. ² Sharkey J, Cantor A, Solc Z, Chovinick SD, Behar RJ, Perez R, Otheguy J, Rabinowitz R. Brachytherapy versus radical prostatectomy in patients with clinically localized prostate cancer. Current Urology Reports, 2002;3:250-257. ³ The most commonly reported side effects of prostate brachytherapy are short-term urinary or obstructive symptoms within the first few weeks after the implant procedure.

Respect the wishes of our fallen heroes

On Memorial Day, images of freedom's cost hold our attention and stir our souls. Floral wreaths are delicately placed beside marble monuments. A lone bugler mourns out "Taps." Gold Star families gather, bound by love and remembrance, while American Legion color guards march in formation. Such scenes tug at our emotions and say something deep about our nation and its values. To me, as a Legionnaire, the way we remember our fallen is a matter of both pride and purpose. Memorial Day gives form to those feelings.

The media are understandably drawn to such imagery. We are grateful when local and national press join us in honoring those who made the ultimate sacrifice. We are likewise enraged when those images are abused or redirected to serve political or personal agendas.

That's why I was troubled last winter by a Pentagon review of the DoD policy banning news-media photography of arriving flag-draped caskets containing the bodies of U.S. military men and women killed in service. The ban had been in place since 1991, when President George H.W. Bush determined that news media had no real need to enter a military base, or any other point of entry, and take pictures of caskets holding our fallen Gulf War troops. The policy, which held through the Clinton and Bush administrations, provided the press with excellent DoD photography of the flag-draped caskets. It was a reasonable policy. Military installations, such as Dover Air Force Base, are not public squares. For good reasons, media access is carefully regulated at our bases.

Ultimately, Defense Secretary Robert Gates decided on a compromise: to allow outside media access to the arriving caskets only when approved by families of the deceased. This raises some questions. What if one family member or another brings in the media in an effort to discredit the war, or the mission a soldier gave his life for? What if a family member's decision runs counter to a soldier's wishes? So many troops I have known over the years, particularly since 9/11, volunteered for service, bravely willing to lay down their lives for our protection and for the freedom of others. I also have to wonder what happens when an image, published with a family's consent, takes off across the Internet – is multiplied or magnified – and is used to empower our enemies. Furthermore, when a family has borne the incredible burden of a lost loved one, is it fair to give it the additional burden of this decision?

The American Legion stands firmly behind the U.S. Constitution and its amendments. The freedoms expressed therein set us apart from tyrannies. But with those freedoms come responsibilities, which mean limits. When an outrageous anti-gay protest group swoops in to disrupt a military funeral on the basis of free-speech protection, or when the U.S. flag is burned to make a point, I believe limits are breached. When the media are invited to publicize images of flag-draped caskets, I believe limits are unnecessarily pushed. I can only hope those who invite that media exposure can say, without hesitation, that they are honoring the wishes of the men and women who died for such rights.

No matter the decision, The American Legion will stand by families and honor their sacrifice and loss – long after the media have moved on to other stories.





National Commander David K. Rehbein

MEMORANDA

LEGACY RUN: Legionnaires, friends and supporters are gunning to raise more than \$400,000 for The American Legion Legacy Scholarship Fund this summer by taking the scenic route from Indianapolis to Louisville, Ky., home of the 91st American Legion National Convention. Motorcyclists will gather at Wayne Post 64 in Indianapolis Aug. 17 before starting a 1,200-mile journey through Ohio, Pennsylvania, Maryland, Virginia, West Virginia and Kentucky. The run arrives in Louisville Aug. 21 for Rider activities ending with a parade Aug. 23. Visit www.legion.org to register (click on "Legion Programs"), or contact Bill Sloan at wsloan@legion.org or Scott Miller at smiller@legion.org.

The Legacy Scholarship Fund provides college scholarships for the children of U.S. military personnel killed on duty since 9/11. The goal is a \$20 million permanent endowment.

GET UPDATED! The American Legion Online Update is a weekly e-newsletter that reaches more than 160,000 subscribers. It provides news, features, videos and photos you won't find elsewhere. Visit www.legion.org and click on "Get Updated!"

If you carry this card...



You'll want this card!

Join over 2.5 million* people who have already enrolled in AARP Medicare Supplement Insurance Plans.

MEMBERSHIP ID NAME

0000000000-00 YOUR NAME HERE

MEDICARE SUPPLEMENT COVERAGE

If you carry a Medicare Card, you'll want the AARP Medicare Supplement Insurance Plan card available through AARP Health Care Options.**

The average person on Medicare could end up spending thousands per year out of their own pocket.*** An AARP Medicare Supplement Plan, underwritten by United HealthCare Insurance Company,† helps cover you for some of what Medicare doesn't.

They're the only Medicare supplement insurance plans endorsed by AARP. That's why with AARP Medicare Supplement Insurance, you have a wide variety of plans to choose from, so you can find a plan that suits *your* needs.

Call and you'll receive a FREE AARP Medicare Supplement Information Kit, including benefits, costs, limitations, and exclusions. *There's no obligation*.

*Based on 2005 United HealthCare Insurance Company Enrollment Data.

***Government Accountability Office (GAO); Report GAO-04-960, "Medicare Demonstration PPO's Financial and other Advantages for Plans, Few Advantages for Beneficiaries." Washington, DC, September 2004.

††United HealthCare Insurance Company pays a fee to AARP and its affiliates for use of the AARP trademark and other services. Amounts paid are used for the general purposes of AARP and its members.

AARP Medicare Supplement Insurance Plans are:

- ✓ Endorsed by AARP†† the organization you know and trust.
- ✓ Easy to use choose your doctors, no referrals required, and virtually no claim forms to file.
- ✓ Competitively priced AARP group rates are competitively priced. Plus, take advantage of available discounts.
- ✓ Customer-focused our award-winning customer service staff will be happy to answer your questions.



United HealthCare Insurance Company

Call toll-free: I-800-620-1609, Ext. DUY

www.aarphealthcare.com/DUY

(AARP APPROVED)

**AARP Health Care Options is the name of AARP's health insurance and service program. It is not the insurer. AARP contracts with insurers to make coverage available to AARP members. †Insured by United HealthCare Insurance Company (United), Fort Washington, PA (United HealthCare Insurance Company of New York [United], Islandia, NY for New York residents). Policy Form No. GRP79171 GPS-1(G-36000-4). United is not connected with or endorsed by the U.S. Government, the Federal Medicare Program, Social Security, or any other governmental agency. All certificates/plans may not be available in your state/area. In some states, plans may be available to persons eligible for Medicare by reason of disability.

Close Guantanamo detention facility

THE HEART OF THE ISSUE

President Obama plans to close the

Guantanamo Bay detention center,

arquing that its existence undermines

U.S. values. Others say the facility

is necessary to hold dangerous terrorists

who would harm or kill Americans.



SUPPORT

Rep. Jim Moran, D-Va.

■ Moran is a member of the House Appropriations Committee and the House Democratic Steering and Policy Committee.



OPPOSE

Rep. Steve King, R-Iowa

■ King is a member of the House Judiciary Committee and its Subcommittee on the Constitution.

President Obama has signed an executive order shuttering the military detention facility at Guantanamo within one year. Fulfilling his campaign pledge to the American people, this step will help rebuild our damaged international reputation and

return the United States as a global leader on human rights.

The military detention facility at Guantanamo has been a blight on the core values and principles our country was founded upon. Nearly 800 alleged "enemy combatants" captured in

Afghanistan, Iraq and elsewhere – many of them caught in exchange for bounties that only encouraged warring factions to turn in their local adversaries – have been imprisoned at Guantanamo. More than three-quarters have been released to their home countries because they were not a threat to the United States, or an agreement was reached to detain them elsewhere.

At Guantanamo, the United States authorized interrogation techniques considered to be torture by the Geneva Convention, the rules of engagement that have guided our military since World War II. As a result, Guantanamo has fueled anti-American sentiment around the world, emboldened our enemies, aided in the recruitment of terrorists, and increased the likelihood that American captives will face similar treatment.

Today, fewer than 250 detainees remain at Guantanamo. President Obama's closure of the facility will mean sending many detainees to their home nations; others will be criminally charged and tried in U.S. courts.

For a country that stands for justice and fairness, Guantanamo is an affront to our core beliefs. A modern-day gulag, it impedes our ability to combat hatred, intolerance and terrorism.

As the war on terror continues, American leaders must guarantee that enemy combatants are not brought onto U.S. soil; they need to be held in a suitable detention facility.

One of our greatest tools in fighting the war on

terror and protecting U.S. citizens is the Guantanamo Bay detention facility in Cuba. It has enabled our military to hold detainees outside the United States in an appropriate manner. Doing so has kept America safe for seven years.

safe for seven years.

The detainee population at Guantanamo includes the worst-known terrorists. Recent news reports have revealed that at least 61 former Guantanamo detainees have since returned to terrorist activities (one is suspected of orchestrating the deadly attack on the U.S. embassy in Yemen last September).

These detainees should not be transferred or released into the United States, where they could be given constitutional rights or even be released onto the streets of America. Granting known terrorists additional rights and transferring them to prisons inside the United States pose a real threat to our communities. Transferring detainees to foreign countries also presents problems. Our allies are reluctant to take them off our hands because no nation wants known terrorists walking inside its borders.

Critics of Guantanamo often overlook actual conditions at the facility. Enemy combatants have more rights there than they would receive elsewhere in the world. The Guantanamo facility has kept terrorists off U.S. soil and housed enemy combatants in an acceptable way. Closing this facility opens up dangerous legal loopholes and endangers American lives.

CONTACT YOUR LEADERS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121
The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

NEW MILITARY SERVICE WAR RINGS PERSONALIZED WITH YOUR NAME

UNITED STATES MILITARY WAR VETERAN SERVICE RINGS

FEATURING YOUR NAME. OFFICIAL SERVICE MEDALS & RIBBONS AND GOLD SERVICE BRANCH EMBLEMS



Military Service Rings as powerful reminders of the bravery and sacrifice made by so many Veterans during these terrible conflicts.

YOUR NAME IS SET IN BOLD LETTERING on one side of the ring. YOUR WAR MEDAL & RIBBON in official enamel colors is on the other side. YOUR MILITARY SERVICE EMBLEM IN SOLID 10KT GOLD sits atop a genuine black onyx capstone (Marine on red stone).

DESERT STORM RING WITH AIR FORCE EMBLEM

Each ring is custom-crafted in America using genuine sterling silver, richly detailed in 22 karat antiqued gold. Inside of ring is solid and smooth for maximum comfort and fit. As a permanent mark of exclusivity, your ring will be engraved on

the inner band with your initials and the year dates of your service.



YOU HAVE EARNED THE RIGHT TO WEAR THIS HISTORIC RING.



"Thank you" priced at a remarkably low \$239*, an affordable payment plan is also available. Your satisfaction is guaranteed or you may return your ring within 30 days for replacement or refund – no questions asked. So, order yours today! You have earned the right to wear this special ring.



YOUR CHOICE OF SOLID 10 KT GOLD SERVICE BRANCH EMBLEM ON TOP OF RING













FOR FASTEST SERVICE CALL TOLL FREE TO ORDER: 1-800-255-3048 Monday - Friday from 9am - 5pm EST Have Credit card and ring size ready when ordering.

Or, Mail to: Veterans Commemoratives™ Rings Two Radnor Corporate Center, Suite 120, Radnor, PA 19087-4599

☐ YES. I wish to order an exclusive War Veteran Ring, personalized with my Name, Service Emblem, War Medal & Ribbon, and engraved with my initials and year dates of service. Check (✓) choices:

□WWII □Korea □Vietnam □Desert Storm □Iraq □Afghanistan SERVICE BRANCH EMBLEM:

□Army □Navy □Air Force □Marines □Coast Guard

NAME to Place on Ring (Limit 12 letters):_

| SHIPPING | ADDRESS | (We CANNOT ship to P.O. | Boxes) Allow 6-8 | weeks for delivery. |
|----------|---------|-------------------------|------------------|---------------------|
| | | | | |

Address______

City_____ State____ Zip _____

Signature _____

Phone # (____) Email_____

* Plus \$14.95 for engraving, shipping & handling.

PA residents add 6% (\$15.24) sales tax.

NAMCOH-ALM-0309

 $\ \odot$ ICM 2009 These rings have been registered with the United States Copyright Office, as sculpture.

LIVING WELL



The whole tooth

The Centers for Disease Control and Prevention reports that the baby boomers will be the first generation of which "the majority will maintain their natural teeth over their entire lifetime." The CDC credits the advent of fluoride toothpaste and wide availability of fluoridated water.

"The number of adults missing all their natural teeth has declined from 31 percent to 25 percent for those aged 60 years and older," according to the CDC.

To keep your pearly whites, the CDC recommends some simple steps:

- Drink fluoridated water.
- Use toothpaste with fluoride.
- Floss regularly to fight plague.
- Don't use tobacco. Smokers have four times the risk of contracting gum disease.
- Don't drink alcohol in excess, since alcohol can contribute to oral and throat cancer.
- Avoid sugary snacks.
- Visit the dentist regularly.
- Drink enough water to counter the effects of medicines that cause dry mouth.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

Stretch your fitness budget

BY MARK L. FUERST

With the economy in a slump and your 401(k) dwindling, you may be cutting back on non-essentials – including your health-club membership. But that doesn't mean you should stop exercising. You can get a good at-home workout without spending a fortune on expensive equipment.

At-home exercise offers the same benefits as working out at a health club, without the hassles of juggling schedules, driving, parking, changing clothes and waiting for the machine you want. Fitness expert and author



Joan Price says if you're a motivated self-starter who enjoys exercising in private, or you need to squeeze workouts into breaks between other activities, home exercising might be just what you need to keep your fitness program up and running.

A typical home gym includes two components: an aerobic machine (treadmill, exercise cycle or elliptical machine) and a set of free weights.

"The top-priced aerobic equipment in health clubs is leagues better than any models you can afford to buy," Price says. The lower you go in price, the more you sacrifice in comfort, quality and durability, she notes. If a basic, no-frills aerobic machine (\$500 and up) is noisy, uncomfortable or a hassle to adjust, you won't use it.

Instead, buy a pair of sturdy walking or running shoes (\$40 to \$80) and a pedometer (\$20 to \$30) and hit the streets in your neighborhood. Step counting is a great way to keep active. Aim to increase your steps by 2,000 per day towards a goal of 10,000 steps per day. If the weather is bad, break out a jump rope (\$5 to \$7). Jumping rope is a powerful

continued on page 15

THE HEALING POWER OF HONEY

Studies conducted by Penn State College of Medicine have found that honey is a safe and effective alternative to cough syrups with dextromethorphan.

In recent laboratory tests, honey proved to be an exceptional antibacterial agent by killing pesky strains of bacteria that cause chronic sinusitis. These types of bacteria are notoriously difficult to treat with traditional antibiotics. While more work needs to be done to determine how to apply this treatment to patients, the findings offer promise for using honey as a natural remedy.





People with COPD breathe better with SPIRIVA.

If you have a history of smoking and breathing problems, it could be COPD (chronic obstructive pulmonary disease). COPD includes chronic bronchitis, emphysema or both.

Ask your doctor about SPIRIVA, because it:

- ▲ Is the only once-daily, inhaled maintenance prescription treatment for both forms of COPD
- ▲ Significantly improves lung function by keeping airways open
- ▲ Helps you breathe better for a full 24 hours
- ▲ Is not a steroid

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda. gov/medwatch or call 1-800-FDA-1088.

Please see brief summary of full Prescribing Information on reverse.

SPIRIVA does not replace fast-acting inhalers for sudden symptoms. Do not swallow the SPIRIVA capsule. The most common side effect of SPIRIVA is dry mouth. Others include constipation and problems passing urine. Tell your doctor about your medicines, including eye drops, and illnesses like glaucoma, urinary and prostate problems. These may worsen with SPIRIVA. If you have vision changes, eye pain, your breathing suddenly worsens, you get hives, or your throat or tongue swells, stop taking SPIRIVA and contact your doctor. For more information: 1.877.SPIRIVA or SPIRIVA.COM



Make a habit of breathing better

Spiriva® HandiHaler® (tiotropium bromide inhalation powder) of Summary of Prescribing Information

Do Not Swallow Spiriva Capsules For Use With HandiHaler Only

FOR ORAL INHALATION ONLY

R only

INDICATIONS AND USAGE SPIRIVA HandiHaler is indicated for the long-term, once-daily, maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema.

CONTRAINDICATIONS

SPIRIVA HandiHaler is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, including ipratropium, or to any component of this product.

WARNINGS

WARNINGS
SPIRIVA HandiHaler is intended as a once-daily maintenance treatment for COPD and is not indicated for the initial treatment of acute episodes of bronchospasm, i.e., rescue therapy. Immediate hypersensitivity reactions, including angioedema, may occur after administration of SPIRIVA HandiHaler. If such a reaction occurs, therapy with SPIRIVA HandiHaler should be stopped at once and alternative treatments should be considered.

Inhaled medicines, including SPIRIVA HandiHaler, may cause paradoxical bronchospasm. If this occurs, treatment with SPIRIVA HandiHaler should be stopped and other treatments considered.

PRECAUTIONS

General
As an anticholinergic drug, SPIRIVA HandiHaler may potentially worsen symptoms and signs associated with narrow-angle glaucoma, prostatic hyperplasia or bladder-neck obstruction and should be used with caution in patients with any of these conditions.

As a predominantly renally excreted drug, patients with moderate to severe renal impairment (creatinine clearance of <50 mL/min) treated with SPIRIVA HandiHaler should be monitored closely (see CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations, Renally-impaired Patients)

Information for Patients

It is important for patients to understand how to correctly administer SPIRIVA capsules using the HandiHaler inhalation device (see **Patient's Instructions for Use**). SPIRIVA capsules should only be administered via the HandiHaler device and the HandiHaler device should not be used for administering other medications. The contents of SPIRIVA capsules are for oral inhalation only and must not be swallowed.

inhalation only and must not be swallowed.

Capsules should always be stored in sealed blisters. Remove only one capsule immediately before use, or its effectiveness may be reduced. Additional capsules that are exposed to air (i.e., not intended for immediate use) should be discarded.

Eye pain or discomfort, blurred vision, visual halos or colored images in association with red eyes from conjunctival congestion and corneal edema may be signs of acute narrow-angle glaucoma. Should any of these signs and symptoms develop, consult a physician immediately. Microscopic that the product of the product of

Care must be taken not to allow the powder to enter into the eyes as this may cause blurring of vision and pupil dilation.

SPIRIVA HandiHaler is a once-daily maintenance bronchodilator and should not be used for immediate relief of breathing problems, i.e., as a rescue medication.

Immediate relief of breathing problems, i.e., as a rescue medication.

Drug Interactions

SPIRIVA HandiHaler has been used concomitantly with other drugs commonly used in COPD without increases in adverse drug reactions. These include short-acting and long-acting sympathomimetic (beta-agonists) bronchodilators, methylxanthines, and oral and inhaled steroids. However, the co-administration of SPIRIVA HandiHaler with other anticholinergic-containing drugs (e.g., ipratropium) has not been studied and is therefore not recommended.

Drug/Laboratory Test Interactions None known.

None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No evidence of tumorigenicity was observed in a 104-week inhalation study in rats at tiotropium doses up to 0.059 mg/kg/day, in an 83-week inhalation study in female mice at doses up to 0.145 mg/kg/day, and in a 101-week inhalation study in male mice at doses up to 0.002 mg/kg/day. These doses correspond to 25, 35, and 0.5 times the Recommended Human Daily Dose (RHDD) on a mg/m² basis, respectively. These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation studies. Tildravium beneficie constitute of the strategic transfer of the strategic t

mated due to difficulties in measuring deposited doses in animal inhalation studies. Tiotropium bromide demonstrated no evidence of mutagenicity or clastogenicity in the following assays: the bacterial gene mutation assay, the V79 Chinese hamster cell mutagenesis assay, the chromosomal aberration assays in human lymphocytes in vitro and mouse micronucleus formation in vivo, and the unscheduled DNA synthesis in primary rat hepatocytes in vitro assay. In rats, decreases in the number of corpora lutea and the percentage of implants were noted at inhalation tiotropium doses of 0.078 mg/kg/day or greater (approximately 35 times the RHDD on a mg/m² basis). No such effects were observed at 0.009 mg/kg/day (approximately 4 times than the RHDD on a mg/m² basis). The fertility index, however, was not affected at inhalation doses up to 1.689 mg/kg/day (approximately 760 times the RHDD on a mg/m² basis). These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation studies. doses in animal inhalation studies.

Pregnancy

Pregnancy Category C.

Pregnancy Category C.

No evidence of structural alterations was observed in rats and rabbits at inhalation tiotropium doses of up to 1.471 and 0.007 mg/kg/day, respectively. These doses correspond to approximately 660 and 6 times the recommended human daily dose (RHDD) on a mg/m² basis. However, in rats, fetal resorption, litter loss, decreases in the number of live pups at birth and the mean pup weights, and a delay in pup sexual maturation were observed at inhalation tiotropium doses of ≥0.078 mg/kg (approximately 35 times the RHDD on a mg/m² basis). In rabbits, an increase in post-implantation loss was observed at an inhalation dose of 0.4 mg/kg/day (approximately 360 times the RHDD on a mg/m² basis). Such effects were not observed at inhalation doses of 0.009 and up to 0.088 mg/kg/day in rats and rabbits, respectively. These doses correspond to approximately 4 and 80 times the RHDD on a mg/m² basis, respectively. These doses or unitiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation studies.

There are no adequate and well-controlled studies in pregnant women. SPIRIVA HandiHaler

There are no adequate and well-controlled studies in pregnant women. SPIRIVA HandiHaler should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Use in Labor and Delivery
The safety and effectiveness of SPIRIVA HandiHaler has not been studied during labor and

Nursing Mothers

Clinical data from nursing women exposed to tiotropium are not available. Based on lactating rodent studies, tiotropium is excreted into breast milk. It is not known whether tiotropium is excreted in human milk, but because many drugs are excreted in human milk and given these findings in rats, caution should be exercised if SPIRIVA HandiHaler is administered to a nurs-

Pediatric Use
SPIRIVA HandiHaler is approved for use in the maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease, including chronic bronchitis and emphysema. This disease does not normally occur in children. The safety and effectiveness of SPIRIVA HandiHaler in pediatric patients have not been established.

Geriatric Use

Of the total number of patients who received SPIRIVA HandiHaler in the 1-year clinical trials, 426 were <65 years, 375 were 65–74 years and 105 were ≥75 years of age. Within each age

subgroup, there were no differences between the proportion of patients with adverse events in the SPIRIVA HandiHaler and the comparator groups for most events. Dry mouth increased with age in the SPIRIVA HandiHaler group (differences from placebo were 9.0%, 17.1%, and 16.2% in the aforementioned age subgroups). A higher frequency of constipation and urinary tract infections with increasing age was observed in the SPIRIVA HandiHaler group in the placebo-controlled studies. The differences from placebo for constipation were 0%, 1.8%, and 7.8% for each of the age groups. The differences from placebo for urinary tract infections were – 0.6%, 4.6% and 4.5%. No overall differences in effectiveness were observed among these groups. Based on available data, no adjustment of SPIRIVA HandiHaler dosage in geriatric patients is warranted.

ADVERSE REACTIONS

Of the 2,663 patients in the four 1-year and two 6-month controlled clinical trials, 1,308 were treated with SPIRIVA HandiHaler at the recommended dose of 18 mcg once a day. Patients with narrow angle glaucoma, or symptomatic prostatic hypertrophy or bladder outlet obstruction were excluded from these trials.

excluded from trese trials. The most commonly reported adverse drug reaction was dry mouth. Dry mouth was usually mild and often resolved during continued treatment. Other reactions reported in individual patients and consistent with possible anticholinergic effects included constipation, increased heart rate, blurred vision, glaucoma, urinary difficulty, and urinary retention.

vision, glaucoma, unitary eliminary reterition. Four multicenter, 1-year, controlled studies evaluated SPIRIVA HandiHaler in patients with COPD. Table 1 shows all adverse events that occurred with a frequency of ≥3% in the SPIRIVA HandiHaler group in the 1-year placebo-controlled trials where the rates in the SPIRIVA HandiHaler group exceeded placebo by ≥1%. The frequency of corresponding events in the ipratropium-controlled trials is included for comparison.

Table 1 Adverse Experience Incidence (% Patients) in One-Year-COPD Clinical Trials

| SPIRIVA | Placebo | SPIRIVA | Controlled Trials Ipratropium [n = 179] |
|------------------------------|--|---|---|
| [11 = 330] | [11 = 37 1] | [11 = 330] | [11 = 179] |
| 13 | 11 | 5 | 8 |
| | | | 2 |
| 5 | 4 | 3 | 5 |
| | • | | |
| | 3 | 6 | 6 |
| 4 | | 1 | 1 |
| 16 | 3 | 12 | 6 |
| 6 | 5 | 1 | 1 |
| 4 | 2 | 1 | 2 |
| | | - | |
| 4 | 3 | 4 | 3 |
| ders | | | |
| 4 | 3 | 1 | 3 |
| 4 | 2 | 3 | 2 |
| Respiratory System (upper) | | | |
| 4 | 2 | 1 | 1 |
| 9 | 7 | 7 | 3 |
| 6 | 5 | 3 | 2 |
| 11 | 9 | 3 | 2 |
| | | | |
| 41 | 37 | 43 | 35 |
| Skin and Appendage Disorders | | | |
| 4 | 2 | 2 | 2 |
| | | | |
| 7 | 5 | 4 | 2 |
| | SPIRIVA [n = 550] 13 7 5 ders 5 4 16 6 4 4 ders 4 9 6 11 41 5 4 | Temperature Temperature | SPIRIVA [n = 550] Placebo [n = 371] SPIRIVA [n = 356] 13 11 5 7 5 5 5 4 3 ders 3 6 4 2 1 16 3 12 6 5 1 4 2 1 4 3 4 Jers 4 2 3 4 2 1 9 7 7 6 5 3 11 9 3 3 41 37 43 3 4 2 2 2 |

Arthritis, coughing, and influenza-like symptoms occurred at a rate of ≥3% in the SPIRIVA Handil-Haler treatment group, but were <1% in excess of the placebo group.

Other events that occurred in the SPIRIVA Handil-Haler group at a frequency of 1–3% in the placebo-controlled trials where the rates exceeded that in the placebo group include: Body as Whole: allergic reaction, leg pain; Central and Peripheral Nervous System: dysphonia, paresthesia; Gastrointestinal System Disorders: gastrointestinal disorder not otherwise specified (NOS), gastroesophageal reflux, stomatitis (including ulcerative stomatitis); Metabolic and Nutritional Disorders: hypercholesterolemia, hyperglycemia; Musculoskeletal System Disorders: skeletal pain; Cardiac Events: angina pectoris (including aggravated angina pectoris); Psychiatric Disorder: depression; Infections: herpes zoster; Respiratory System Disorder (Upper): laryngitis; Vision Disorder: cataract. In addition, among the adverse events observed in the clinical trials with an incidence of <1% were atrial fibrillation, supraventricular tachycardia, angioedema, and urinary retention.

In the 1-year trials, the incidence of dry mouth, constipation, and urinary tract infection increased with age (see PRECAUTIONS, Geriatric Use).

Two multicenter, 6-month, controlled studies evaluated SPIRIVA Handil-Haler in patients with

Two multicenter, 6-month, controlled studies evaluated SPIRIVA HandiHaler in patients with COPD. The adverse events and the incidence rates were similar to those seen in the 1-year controlled trials.

The following adverse reactions have been identified during worldwide post-approval use of SPIRIVA HandiHaler: application site irritation (glossitis, mouth ulceration, and pharyngolaryngeal pain), dizziness, dysphagia, epistaxis, hoarseness, intestinal obstruction including ileus paralytic, intraocular pressure increased, oral candidiasis, palpitations, pruritus, tachycardia, throat irritation, and urticaria.

DOSAGE AND ADMINISTRATION SPIRIVA capsules must not be swallowed as the intended effects on the lungs will not be obtained. The contents of the capsules are only for oral inhalation and should only be used with the HandiHaler inhalation device (see OVERDOSAGE section).

The recommended dosage of SPIRIVA HandiHaler is the inhalation of the contents of one SPIRIVA capsule, once-daily, with the HandiHaler inhalation device (see **Patient's Instructions for Use**).

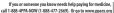
No dosage adjustment is required for geriatric, hepatically-impaired, or renally-impaired patients. However, patients with moderate to severe renal impairment given SPIRIVA HandiHaler should be monitored closely (see CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations and PRECAUTIONS).

HOW SUPPLIED

HOW SUPPLIED
The following packages are available:
carton containing 5 SPIRIVA capsules (1 unit-dose blister card) and
1 HandiHaler inhalation device (NDC 0597-0075-75)
carton containing 30 SPIRIVA capsules (3 unit-dose blister cards) and
1 HandiHaler inhalation device (NDC 0597-0075-41)
carton containing 90 SPIRIVA capsules (9 unit-dose blister cards) and
1 HandiHaler inhalation device (NDC 0597-0075-47)

SV-BS (07-08) 65626/US/4









continued from page **12**

low-impact, aerobic exercise that's good for your heart and your bones.

A starter set of free weights includes about 200 pounds of plates (from 1 to 25 pounds), two small bars for dumbbells, and one large bar. Expect to pay from \$1 to \$1.50 per pound, but look for sales at 50 cents a pound. You'll also need a weight bench (\$200) that is at least 3 feet wide for stability, has a good quality cover and can be raised at an incline.

A less pricey substitute is a set of elastic resistance bands (\$10 to \$15 each), but you can find these in packs of three different resistances at big-box stores for as little as \$15. You probably associate these strips of color-coded rubber with physical therapy, and might have used them to help recover from an injured joint or malfunctioning muscles. But resistance is resistance, and with the exercise charts included with the bands, you can get a full-body workout.

To strengthen your abdominal or core muscles, all you need is

an exercise mat (\$15 to \$20) to lie on to do abdominal crunches. If you want to add some variety to your abdominal workout, buy an inflatable stability ball (\$20 to \$40). Get a 45-cm ball if you're less than 5 feet tall, a 55-cm ball if you're 5'1" to 5'7", and a 65-cm ball if you're taller.

Another way to vary your home workouts is to shop for discount DVDs (about \$15) for instruction in yoga, Pilates, martial arts or cardio routines. Or channel surf for free exercise programs now readily available on cable television.

Mark L. Fuerst is a Brooklynbased health and medical writer.



Recession-proof foods

In the struggling economy, family grocery budgets are shrinking. Sales of organic foods, soft drinks and chocolate are expected to drop, along with take-out food and home-delivered meals. But don't expect a new era of austerity just yet. The food industry predicts even cash-strapped Americans will continue shelling out for beer, French fries and candy.

CAFFEINE COMPARISON

The Mayo Clinic reports that more than 500 to 600 milligrams of caffeine a day, or about four to seven cups of coffee, can cause restlessness, anxiety, headaches and other problems. MayoClinic.com Media Bakery offers the following information to help health-minded people keep track of how much caffeine they consume.

MILLIGRAMS OF CAFFEINE

| Coffee | |
|----------------------|-------|
| Decaffeinated, 8 oz. | 2 mg |
| Instant | |
| Decaffeinated, 8 oz. | 2 mg |
| Brewed | |
| Instant, 8 oz. | 62 mg |
| Espresso, 1 oz. | 64 mg |
| Plain brewed, 8 oz. | 95 mg |

| 2 mg |
|----------|
| 30-50 mg |
| 47 mg |
| |

Soft drinks 12 oz. 7Up 0 ma Sprite 0 ma Coca-Cola Classic 35 mg Diet Coke 47 mg Pepsi 38 ma Diet Pepsi 38 mg Dr Pepper, Diet Dr Pepper 41 mg 41 ma

Mountain Dew, 54 mg
Diet Mountain Dew

| Other products | |
|-------------------------|--------|
| Hershey's Chocolate | 9 mg |
| Bar, 1.55 oz. | |
| Hershey's Special Dark | 18 mg |
| Chocolate Bar, 1.45 oz. | |
| Häagen-Dazs Coffee | 30 mg |
| ice cream, ½ cup | |
| Excedrin Extra Strength | 130 mg |
| 2 tablets | |

www.mayoclinic.com/health/caffeine/AN01211

HEALTH-CARE POPULARITY CONTEST

Increasingly, Americans are supplementing their doctors' care with other therapies. A survey by the National Institutes of Health found that 38 percent of adults and 12 percent of children use some form of complementary and alternative medicine (CAM). Among natural products used, fish oil, glucosamine, echinacea, flaxseed oil and ginseng are the most popular.

Even the U.S. Air Force is embracing CAM. Over the next two years, its doctors will learn acupuncture techniques before deploying to Iraq or Afghanistan. Battlefield acupuncture focuses on alleviating pain, and helps treat burns and other traumatic injuries.

The most popular choices



Back to basics

Experts estimate as much as 80 percent of the population will experience back problems at some point in their lives.

There is no simple cure for back pain; each person's case is different, and treatment can vary. However, you can take certain precautions to avoid developing back problems, or minimize their disruption to your life.

DO be careful when lifting heavy objects. Resist stooping or squatting. Never twist the back or lean sideways, and always look straight ahead when lifting.

DON'T stay in bed. Controlled, gradual and progressive exercise, rather than inactivity and bed rest, provide a good solution for reducing back pain and preventing future episodes.

DO quit smoking. Experts believe that smoking may damage the cells in the discs and vertebrae of the spine, making them more susceptible to injury.

Most episodes of back pain resolve themselves within a few weeks. If the problem is persistent and especially painful, a doctor should be consulted, as it may be serious.

each person's ary. However, void ze their cts. ist the c

ATTENTION PLAVIX USERS:



Stay with PLAVIX and help stay protected.



You may be feeling better, but your risk never goes away. Help stay protected from a future heart attack or stroke. Stay with PLAVIX.

See important product information on the following pages.

Pill may not be actual size.



sanofi aventis Bristol-Myers Squibb



PLAVIX can help save lives for those who've had a heart attack caused by a completely blocked artery.



main cause of heart attack. And now that you've had a heart attack you are at a greater risk of having another that can be fatal. That's why your doctor may put you on PLAVIX, along

Clots that block off arteries are the with your other heart medicines. Taking PLAVIX with your other heart medicines goes beyond what other heart medicines alone can do to keep blood platelets from sticking together and forming dangerous clots.



IMPORTANT INFORMATION: If you have a stomach ulcer or other condition that causes bleeding, you should not use PLAVIX. When taking PLAVIX alone or with some other medicines including aspirin, the risk of bleeding may increase so tell your doctor before planning surgery. And, always talk to your doctor before taking aspirin or other medicines with PLAVIX, especially if you've had a stroke. If you develop fever, unexplained weakness or confusion, tell your doctor promptly as these may be signs of a rare but potentially life-threatening condition called TTP, which has been reported rarely, sometimes in less than 2 weeks after starting therapy. Other rare but serious side effects may occur.

Ask your doctor how PLAVIX can help increase your protection against future heart attack, stroke, and even death. To learn more about heart attacks and PLAVIX, visit www.plavix.com or call 1-800-470-4086.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. See important product information on the following page.

If you need help paying for prescription medicines, you may be eligible for assistance. Call 1-888-4PPA-NOW (1-888-477-2669), or go to <u>www.pparx.orq</u>







WHO IS PLAVIX FOR?

PLAVIX is a prescription-only medicine that helps keep blood platelets from sticking together and forming clots.

PLAVIX is for patients who have:

- · had a recent heart attack.
- · had a recent stroke.
- poor circulation in their legs (Peripheral Artery Disease).

PLAVIX in combination with aspirin is for patients hospitalized with:

- heart-related chest pain (unstable angina).
- heart attack.

Doctors may refer to these conditions as ACS (Acute Coronary Syndrome).

Clots can become dangerous when they form inside your arteries. These clots form when blood platelets stick together, forming a blockage within your arteries, restricting blood flow to your heart or brain, causing a heart attack or stroke.

WHO SHOULD NOT TAKE PLAVIX?

You should NOT take PLAVIX if you:

- are allergic to clopidogrel (the active ingredient in PLAVIX).
- · have a stomach ulcer
- · have another condition that causes bleeding.
- are pregnant or may become pregnant.
- · are breast feeding.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PLAVIX?

Before taking PLAVIX, tell your doctor if you're pregnant or are breast feeding or have any of the following:

- gastrointestinal ulcer
- stomach ulcer(s)
- liver problems
- kidney problems
- a history of bleeding conditions

WHAT IMPORTANT INFORMATION SHOULD I KNOW ABOUT PLAVIX?

TTP: A very serious blood condition called TTP (Thrombotic Thrombocytopenic Purpura) has been rarely reported in people taking PLAVIX. TTP is a potentially life-threatening condition that involves low blood platelet and red blood cell levels, and requires urgent referral to a specialist for prompt treatment once a diagnosis is suspected. Warning signs of TTP may include fever, unexplained confusion or weakness (due to a low blood count, what doctors call anemia). To make an accurate diagnosis, your doctor will need to order blood tests. TTP has been reported rarely, sometimes in less than 2 weeks after starting therapy.

Gastrointestinal Bleeding: There is a potential risk of gastrointestinal (stomach and intestine) bleeding when taking PLAVIX. PLAVIX should be used with caution in patients who have lesions that may bleed (such as ulcers), along with patients who take drugs that cause such

Bleeding: You may bleed more easily and it may take you longer than usual to stop bleeding when you take PLAVIX alone or in combination with aspirin. Report any unusual bleeding to your doctor.

Geriatrics: When taking aspirin with PLAVIX the risk of serious bleeding increases with age in patients 65 and over.

Stroke Patients: If you have had a recent TIA (also known as a mini-stroke) or stroke taking aspirin with PLAVIX has not been shown to be more effective than taking PLAVIX alone, but taking aspirin with PLAVIX has been shown to increase the risk of bleeding compared to taking PLAVIX alone.

Surgery: Inform doctors and dentists well in advance of any surgery that you are taking PLAVIX so they can help you decide whether or not to discontinue your PLAVIX treatment prior to surgery.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICINES WITH PLAVIX?

You should only take aspirin with PLAVIX when directed to do so by your doctor. Certain other medicines should not be taken with PLAVIX. Be sure to tell your doctor about all of your current medications, especially if you are taking the following:

- nonsteroidal anti-inflammatory drugs (NSAIDs)
- warfarin
- heparin

Be sure to tell your doctor if you are taking PLAVIX before starting any new medication.

WHAT ARE THE COMMON SIDE EFFECTS OF PLAVIX?

The most common side effects of PLAVIX include gastrointestinal events (bleeding, abdominal pain, indigestion, diarrhea, and nausea) and rash. This is not a complete list of side effects associated with PLAVIX. Ask your doctor or pharmacist for a complete list.

HOW SHOULD I TAKE PLAVIX?

Only take PLAVIX exactly as prescribed by your doctor. Do not change your dose or stop taking PLAVIX without talking to your doctor first.

PLAVIX should be taken around the same time every day, and it can be taken with or without food. If you miss a day, do not double up on your medication. Just continue your usual dose. If you have any questions about taking your medications, please consult your doctor.

OVERDOSAGE

As with any prescription medicine, it is possible to overdose on PLAVIX. If you think you may have overdosed, immediately call your doctor or Poison Control Center, or go to the nearest emergency room.

FOR MORE INFORMATION

For more information on PLAVIX, call 1-800-633-1610 or visit www.PLAVIX.com. Neither of these resources, nor the information contained here, can take the place of talking to your doctor. Only your doctor knows the specifics of your condition and how PLAVIX fits into your overall therapy. It is therefore important to maintain an ongoing dialogue with your doctor concerning your condition and your treatment.

Distributed by:

Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership Bridgewater, NJ 08807 PLAVIX® is a registered trademark.

PLA-OCT07-B-Aa

sanofi aventis



Bristol-Myers Squibb

Ratings review effort underachieving

BY TOM PHILPOTT

Last year, Congress ordered the Department of Defense to set up a special board to review the accuracy and fairness of disability ratings (20 percent or lower) awarded to servicemembers discharged since 9/11. The Physical Disability Board of Review (PDBR) will determine whether service policies or actions led to a "low-balling" of disability ratings, keeping too many veterans below the 30-percent threshold needed to qualify for disability retirement. Such retirement means a lifetime annuity, lifetime access to military health benefits for retirees and dependents, and other retiree privileges, including access to discounted shopping at bases and posts.

In contrast, a rating of 20 percent or less leads only to a lump-sum disability payment. Ties to military communities are effectively severed.

In late February, a month after the PDBR began accepting applications, retired Army Lt. Col. Michael Parker, an advocate for wounded warriors, began sounding an alarm. He said the board did not intend to operate as Congress required. By mid-March, members of the Senate Armed Services Committee had been briefed on what Parker learned. Several senators were said to be concerned, including Committee Chairman Sen. Carl Levin, D-Mich.

When the PDBR was approved last year, law-makers and veteran advocates had assumed that thousands of veterans would see their ratings upgraded. Now, unless Congress decides to intervene, Parker warns that the PDBR intends to use the same disability rating policies the services relied on before 9/11. Those policies have been roundly criticized by the Veterans Disability Benefits Commission.

Congress ordered the PDBR established, Parker said, to ensure that disability rating standards set in law years ago – the Veterans Administration Schedule for Ratings Disabilities (VASRD) – are applied properly to rating decisions since 9/11. The Department of Veterans Affairs adheres strictly to these standards. Years ago, the military began watering down or ignoring the VASRD for some medical conditions, such as post-traumatic stress disorder. Consequently, VA often awards higher ratings to disabled veterans than the services do.

Parker, who became an expert on the disability rating process after his own battles for Army disability retirement, wrote the PDBR in January, Read official information on the Physical Disability Board of Review online: www.health.mil/pages/page. aspx?ID=19.



seeking "absolute clarity" on criteria it would use to reconsider previous ratings below 30 percent.

The PDBR responded in late February, telling Parker it would only use the VASRD to its full effect in reconsidering ratings awarded on or after Jan. 28, 2008. For earlier disability ratings, back through 9/11, the PDBR simply will determine if a service branch properly followed its own guidelines at the time of a member's separation.

"In adjudicating cases, the PDBR will assume service-specific policies to be authorized interpretations of the VASRD," explained Victor R. Donovan, legal adviser to the Air Force Review Boards Agency. Donovan's letter, Parker said, confirmed his fears.

"Despite the fact that DoD is specifically required by law to rate per VASRD criteria, and retire disabled servicemembers with a rating of 30 percent or more per the VASRD, DoD is still refusing to follow the law," Parker said. "The PDBR will be upholding illegal rating decisions, and DoD will continue to cheat disabled servicemembers out of their legally due disability benefits."

After reviewing Donovan's response to Parker, the Senate Armed Services Committee reportedly asked DoD to clarify its intentions regarding PDBR applicants. If the department can't be persuaded to run the board as senators intended, by adhering strictly to the VASRD in all cases, the committee is expected to clarify its intent with new legislation.

If that's the course Levin chooses, the practical move may be to suspend PDBR activity until its mission is clarified. Otherwise, freshly reviewed rating decisions might have to be reviewed a third time.

Tom Philpott, a former Coast Guardsman, has written about veterans and military personnel issues for more than 30 years.

Generals who battled each other in Vietnam reconcile their past, remember their dead, and pray for peace.

OUR HELMETS DUEL NO MORE

BY RETIRED LT. GEN. HAL G. MOORE

WHEN THE BLOOD OF ANY WAR soaks your clothes and covers your hands, and soldiers die in your arms, every breath forevermore becomes an appeal for greater peace, unity and reconciliation between nations.

The place was Ia Drang Valley in Vietnam, Nov. 14-16, 1965. I was the commander of my air cavalry troopers. We charged the enemy with bayonets fixed to our rifles in face-to-face combat. As we attacked, bullets flew like bees around a nest.

Most of the bullets passed us by. Many did not. As we charged, lives were ended. We looked the enemy in the eye, often only a foot or two away. You see and feel the instant loss of life that you have inflicted. You see and feel the deaths of your own soldiers.

I still see the boots of my dead. They stick out, unnaturally, from under their ponchos, laces tied one last time by their precious fingers. I still carry the wounded to the helicopters as they bleed, die silently, or scream and beg to live one more day, and I still hold those who died in my arms, with their questioning eyes, as some called for their mothers. Their eyes go blank, and my war-crusted fingers close their eyelids, knowing a terrible truth that will devastate a family back home in America, when the telegram arrives.

I still hear the ugly noise of war. The blood of my dead soldiers from wars in Vietnam and Korea will not wash from my hands. The stains remain.

The Ia Drang battle lasted three days, non-stop. We could not allow the enemy to defeat us, even

with our 450 men to their 2,000. We could not allow the enemy to gain the momentum. Losing was never an option. During the battle, we took a few prisoners. We gave them water and aspirin to help relieve their pain. Their anxious faces soon gave way to expressions of relief that they were treated humanely.

Finally, at midday on Nov. 16, 1965, it was over. The enemy survivors withdrew into their Cambodian sanctuary. I looked around at the devastation, the dead, and I knew yet again that war was a terrible thing – that families back home would never be the same. I would never be the same. I prayed then that we would learn from this – that there had to be a better way to solve international problems than to send soldiers out to kill each other with rifles.

As we walked across the battlefield one last time and prepared to evacuate, I was told that one of my men was unaccounted for. I immediately stopped the evacuation plans. All of my men were called to seek out one of our own. We walked. We crawled on all fours through the elephant grass, looking for one more great American soldier. We persisted. I had made a promise to my men and to America, and that promise would be kept: all would be brought back home. Thank God one of my men found him.

It was time to leave this terrible and ugly scene. All were accounted for. The last man to leave the battlefield, I stepped into the helicopter.

After lifting off and peering through the fire and smoke, I saw – with profound shock – more than 600 enemy bodies strewn across the valley. It was



The antioxidant superpill."

The most potent natural antioxidant supplement available.

Ready to take your antioxidants into your own hands? Introducing POMx^{**} – a highly concentrated, ultra-pure polyphenol antioxidant extract made from the same pomegranates as **POM Wonderful® 100% Pomegranate Juice.**

POMx fights free radicals with a powerful 1000 milligrams. That's more concentrated polyphenol antioxidants than any other pomegranate supplement. And POMx is the first and only pomegranate supplement reviewed for safety by the FDA.



100% All-natural.



The antioxidant power of our 8oz juice.

POMx is made from the only pomegranates backed by \$25 million in medical research, the same pomegranates we use to make our POM Wonderful 100% Pomegranate Juice. An initial UCLA MEDICAL STUDY on POM Wonderful 100% Pomegranate Juice found *hopeful results for prostate health*. The study reports "statistically significant prolongation of PSA doubling times," according to Dr. Allen J. Pantuck in Clinical Cancer Research, 2006.^{1,2,3} Two additional preliminary studies on POM Wonderful 100% Pomegranate Juice showed *promising*

results for heart health. "Stress-induced ischemia (restricted blood flow to the heart) decreased in the pomegranate group," Dr. Dean Ornish reported in the American Journal of Cardiology, 2005. Pomegranate juice consumption resulted in a significant reduction in IMT⁵ (thickness of arterial plaque) by up to 30% after one year," said Dr. Michael Aviram, referring to reduced arterial plaque in Clinical Nutrition, 2004. Nutrition, 2004.

ORDER NOW: 1-888-POM-PILL (766-7455) or pompills.com/ae

Try POMx for one month – FREE!

We'll even pay for the shipping. Visit pompills.com/ae or call 1-888-POM-PILL. Use discount code: AE30

SIGN UP FOR POMx MONTHLY, AND WE'LL SEND YOUR FIRST BOTTLE FREE. AFTER THAT, YOU'LL CONTINUE TO RECEIVE MONTHLY SHIPMENTS FOR \$29.95 WITH COMPLIMENTARY SHIPPING. Offer expires July 31, 2009. The first month free plus free shipping offer applies only to the purchase price for the first month of POMx Monthly, Following months will be \$29.95 per bottle. This discount can only be used on POMx products. One discount per customer. Cannot be combined with other offers. No substitutions, transfer rights or cash equivalents will be given. We reserve the right to modify or discontinue this promotion at any time. We reserve the right to change product or pice of shipping offer applies only to the purchase price for the first month of POMx frial.





a sight I will never forget. Those men had mothers, too. I knew I would come back another day, for peace rather than war.

The press and the president, and everyone on down, all said we won the first major battle of the war: the LZ X-Ray battle in the Ia Drang Valley. But at what sacrifice? Seventy-nine of my dear troopers died for those of us who lived. When the Vietnam War ended 10 years later, 79 dead had grown to 58,000. The heart and gut of America was ripped apart at the seams and, 40 years later, we are still missing those men who would and should be leading America and our families.

When we measure the loss of a warrior to war. let us consider the long-term loss of leadership to our nation, and to the very families that lose those men and women.

MY THIRST FOR PEACE AND UNITY drove me back to the "Valley of Death" in 1993. I returned by helicopter. Nearly 30 years later, there was no visual evidence that there had ever been a battle there. The foxholes had eroded. Beautiful wildflowers were everywhere.

Some of my men accompanied me. We came to meet the man who had once endeavored to kill us. along with a few of his soldiers. Lt. Gen. Nguyen Huu An and I stood face to face. Instead of charging one another with bayonets, we offered open arms. I invited all of us to form a circle with arms extended around each other's shoulders. We bowed our heads in respect and memory of our dead comrades. With prayer and tears, we shared our painful memories. Although we did not understand each other's language, we quickly learned that the soul requires no interpreter.

Gen. An and I then walked toward each other, shook hands, and he surprised me as he kissed me on both cheeks, as the French do when a military award is presented. A communion of friendship was established. It soon outweighed bloody memories from the past.

We walked over part of the battlefield and surveyed the terrain once soaked with blood. No thunder of war filled the air. Instead, birds sang. It was a beautiful noise.

Ever so gently, Gen. An placed his arm in mine. Together, we listened to the land, and we learned from it. Two old warriors, we had traveled a very long journey from war to peace.

Col. Tran Minh Hao, one of An's soldiers, accompanied us during the battlefield visit. As we dined that night in Pleiku, he poetically expressed the unity we all felt in the circle earlier that day.

We have come to you this afternoon Feeling the loss of each of you We come to rejoin a span of bridge Untroubled by ancient rifts We look together towards the future We leave old hates for new friendships Forever in peace and harmony

Spontaneous gestures of respect and friendship followed Hao's poem. I took off my wristwatch and offered it as a gift to Gen. An. Gladly, he accepted it. Then he removed his much-prized three-star pith helmet and offered it to me. Stunned, I accepted his most personal gift. Our eyes locked.

Gen. An died April 9, 1995. I visited his family in Hanoi to pay my respects. The wristwatch I had given him was displayed in a viewing case, part of the family shrine in the general's home.

And resting in my den are our helmets. They duel no more. I sit for hours now, reading, thinking and writing about what they represent. To the casual observer, they might just be old war souvenirs. But to me they stand for a period in our nation's history when we sought solutions to global problems only to walk away empty-handed. There has to be a better solution than war and the resultant thousands of dead human beings created by God.

Personally, our helmets represent the honest truth of what can be achieved by humanity with the smallest of gestures: looking into one another's eyes and forgiving, a warm handshake, a circle of trust, walking arm in arm, private gifts - and yes, even a surprising kiss on both cheeks. From face-to-face combat to arm-in-arm friendship, unity was restored by our efforts to come together.

I implore our great leaders to advance peace, unity and reconciliation. People and nations can rise above their differences through effort through trust. We must reach out to others in order to preserve the liberty we hold dear.

When the heartbeat of one soldier stops forever, the heartbeat of our nation should accelerate, driving us to ensure that this life was not sacrificed in vain. It should rouse us to seek better ways to understand and deal with international differences. We owe our dead and their survivors no less. We owe our children, and our children's children, much more.

Retired Lt. Gen. Hal Moore commanded U.S. troops at the Battle of Ia Drang Valley. He wrote the books, "We Were Soldiers Once ... And Young" (1992) and "We Are Soldiers Still" (2008). He is founder of the National Alliance for Public Trust.

If you are a veteran, the spouse of a veteran, or a member of the military, you could get a payment from a class action settlement.

Subject to final court approval, a nationwide classaction settlement has been reached with the United States Department of Veterans Affairs, the Secretary of the United States Department of Veterans Affairs, the Deputy Secretary of the United States Department of Veterans Affairs, and an employee of the United States Department of Veterans Affairs in their official capacities (together called the "Defendants") stemming from the theft of computer equipment which was reported to contain personal information of veterans, spouses of veterans, and military personnel. A \$20 million settlement fund will be established to reimburse people for out-of-pocket expenses as a result of the theft as well as to cover lawyers' fees, costs and expenses.

If you're included in the settlement, you may send in a claim form to ask for a payment, or you can exclude yourself from, or object to the settlement. The United States District Court for the District of Columbia authorized this notice, and will have a hearing to decide whether to approve the settlement, so that payments can be issued. You can get a detailed notice at www. Veterans Class.com.

Who's included?

The settlement includes all veterans, spouses of veterans, and military personnel who had actual damages from May 3, 2006 through February 11, 2009 that were directly related to the theft of computer equipment which was reported to contain their personal information from the home of a VA employee on May 3, 2006. The settlement also includes all representatives, heirs, administrators, executors, beneficiaries, agents, and assigns of the Class Members.

Actual damages include out-of-pocket expenses incurred as a direct result of the theft, including those that were: used to protect or monitor your personal or financial information; or the result of physical symptoms of severe emotional distress. Out-of-pocket expenses may include, for example, the purchase of credit monitoring to protect against identity loss.

WHAT'S THIS ABOUT?

On May 3, 2006 computer equipment which was reported to contain personal information of veterans, spouses of veterans, and military personnel, was stolen from the home of an employee of the Department of Veterans Affairs. The equipment was reported to contain identifying information including names, social security numbers, and dates of birth for up to 17.5 million veterans, spouses of veterans, and military personnel, as well as some disability ratings. The data did not include any health records or financial information. The equipment was later recovered on June 28, 2006 by the Federal Bureau of Investigation, whose review of the equipment indicated that the data had not been accessed. The Court did not decide in favor of the Plaintiffs or Defendants. Instead.

both sides agreed to a settlement to resolve the case and provide payments to Class Members. The settlement does not mean that any law was broken and the Defendants deny all claims of wrongdoing in this case.

WHAT DOES THE SETTLEMENT PROVIDE?

The Defendants will establish a \$20,000,000 settlement fund to make payments to Class Members who had eligible out-of-pocket expenses, as well as to cover lawyers' fees, costs and expenses. Any money remaining in the settlement fund after paying Class Members, lawyers' fees, costs and expenses will be donated to the Fisher House Foundation, Inc. and The Intrepid Fallen Heroes Fund. The Settlement Agreement, available at the website (www. VeteransClass.com), describes all of the details about the proposed settlement.

How do you ask for a payment?

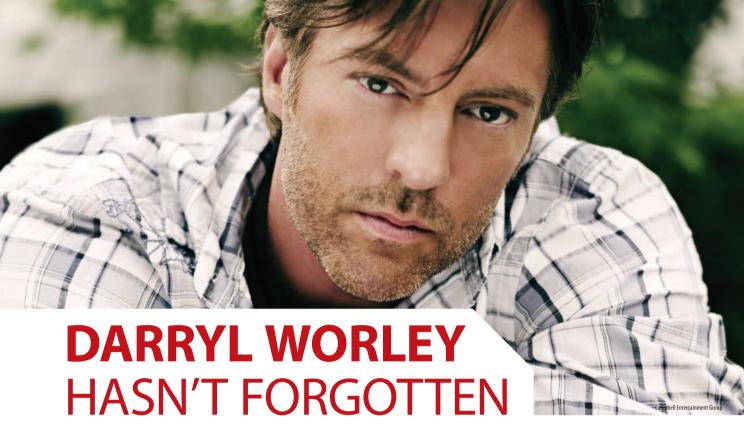
To ask for a payment you must complete and submit a claim form. You can get a claim form at the website (www.VeteransClass.com) or by calling the toll-free number (1-888-288-9625). The claim form describes what you must provide to prove your claim and receive a payment. Please read the instructions carefully, fill out the claim form and mail it postmarked no later than **November 27, 2009** to the address on the form.

If you submit a valid claim you will be paid the actual cost of your out-of-pocket expenses up to \$1,500. The minimum payment for each valid claim will be \$75. However, if the total amount needed to pay valid claims exceeds the amount left in the settlement fund after deducting lawyers' fees, costs and expenses, each Class Member's payment will be reduced and paid in proportion to all Class Members' payments.

WHAT ARE YOUR OTHER RIGHTS?

If you don't want to be legally bound by the settlement you must exclude yourself by **June 29, 2009**, or you won't be able to sue, or continue to sue, the Defendants on your own about the legal claims in this case. If you exclude yourself, you cannot get a payment from the settlement. If you stay in the settlement, you may object to it by **June 29, 2009**. The detailed notice explains how to exclude yourself or object.

The Court will hold a hearing in this case, known as *In Re: Department of Veterans Affairs (VA) Data Theft Litigation*, MDL No. 1796, on **July 28, 2009 at 10 a.m.**, to consider whether to approve the settlement, and a request by Class Counsel for fees up to 25% of the settlement fund, plus costs and expenses. Class Counsel will also ask for an \$18,000 payment to be split among all of the Named Plaintiffs in this lawsuit, who helped the lawyers on behalf of the whole Class. You or your own lawyer may ask to appear and speak at the hearing at your own cost, but you don't have to. For more information, call toll-free 1-888-288-9625 or go to www.VeteransClass.com.



In challenging times, the country star continues to sing of patriotism, America's troops and 9/11.

Every established singer has a signature song. For Darryl Worley, it's his controversial anthem "Have You Forgotten," about the 9/11 terrorist attacks. Inspired by his USO trip to Afghanistan in 2002 to entertain U.S. troops, the lyrics defended America's response and put Worley atop Billboard's Hot Country Songs for seven weeks:

INTERVIEW

I hear people sayin' we don't need this war / I say there's some things worth fightin' for / What

about our freedom, and this piece of ground? / We didn't get to keep 'em by backin' down

Waved off by some as propaganda, "Have You Forgotten" nevertheless became a big hit, nominated by the Country Music Association for Single of the Year and Song of the Year in 2003. Since then, Worley continues to perform for the military, stateside and overseas, while expanding his fan base with songs such as "I Just Came Back (From a War)," "If Something Should Happen," "Nothin' But a Love Thang" and the No. 1 "Awful Beautiful Life."

Back home, Worley is known for more than his music. His annual Tennessee River Run event raises hundreds of thousands of dollars for St. Jude Children's Research Hospital, the newly built Darryl Worley Cancer Treatment Center in Hardin County and other charities.

In August, Worley will perform at the National Commander's Banquet at the 91st American Legion National Convention in Louisville, Ky. He spoke with *The American Legion Magazine* about music, patriotism and his most requested song.

Q: The song you're most identified with is "Have You Forgotten." Nearly eight years after 9/11, do you think Americans have forgotten?

A: Oh, I don't think it took that long! We play that song every night somewhere, and we get a huge response, usually standing ovations and what have you. I just feel some things need to forever live in our hearts and minds. We need to realize that there are people in other countries who despise our way of life, because we do have the best thing going.

It doesn't matter how long it's been since something like 9/11 happened. It can happen any day, and we need to be thankful we've got men and women not only overseas in the fight, but right here on the home front – police officers, sheriff's deputies, firefighters, paramedics – who look out for us every day. It's a blessing to have them, and they don't get paid what they should.

Q: What's coming up for you in 2009?
A: Well, we've got a brand-new CD finished, coming out in June. We just had our first single off the new project, "Tequila on Ice," and it's going to be followed up by a brand-new single called "Sounds Like Life to Me." The album is actually called "Sounds Like Life."

Q: You're a new dad. How has fatherhood affected your songwriting and recording?

A: I constantly hear people say that I'm a different person, and I do believe I'm a happier person now than I have been in years. I haven't always had the

ON STAGE

Darryl Worley will perform at the

show are \$45. Contact department

adjutants for more information.

National Commander's Banquet during the 91st National Convention in Louisville.

Ky., on Aug. 25. Tickets for the banguet and

best love relationships. Part of that could have been my fault, because you have to be committed, and there's nothing that will get you committed more than a little baby. She's just a real treat. I've written quite a few songs about her and my wife for the new album. So this new stuff

is a little more positive and uplifting.

O: Who are your musical influences?

A: When I really got into music, my favorite stuff was real traditional country, and blues, too. I go all the way back to Jimmie Rodgers and Hank Williams Sr. and some of that outlaw music – Willie, Waylon. I love classic singers like Vern Gosdin and Gene Watson. If I had to name one singer-songwriter who had an impact on me and my style, it's probably Merle Haggard.

Q: You've always been supportive of our military and veterans. When did that relationship begin?

A: On both sides of my family, there were lots of military, young and old. We used to catch flak from my uncles and great-uncles because we weren't running out and joining up right after high school. I almost joined the service a couple of different times, once right after high school and again right after college. But life took me in a different direction.

It meant a lot to my relatives when I had the opportunity to make these trips to the Middle East, Japan and Korea to entertain our troops and boost their morale. We've been into some of the hottest spots in this fight in the Middle East, flown right in there with the Sergeant Major of the Army, and visited troops who were under a lot of pressure to get the job done. To have an opportunity to give a little something back has been an honor and a privilege.

Q: Do you have a special memory from one of your USO trips?

A: I remember flying from the air base in Bagram, Afghanistan, up to Uzbekistan. It was our last night there; we were flying home the next day on Christmas Eve. And it was frigid outside, about a

foot of snow on the ground. There was a group of people standing out there watching our show, and I started playing this song about the Tennessee River Run. All these girls pulled out orange-and-white Santa Claus hats and put them on – Univer-

sity of Tennessee colors – and I knew they were from back home. It was really a special moment. By the

end of the show, we were doing "O Holy Night." They were all crying. It just broke my heart to think we were going to leave them, and they had to be there and miss Christmastime at home.

Q: Patriotism isn't too popular in some quarters these days. Are you criticized for it?

A: Man, I've been called everything from war hawk to idiot to jingoistic. You name it, I've worn all those badges. I do write a lot of stuff that has a patriotic tone to it, and I just look at those lyrics and say, "Is this something I truly believe?" If I feel that way, it's going out there. I don't care what they call me.

We had a big hit with a song called "I Just Came Back (From a War)." People made comments like, "He's just doing these songs so he can make money," and stuff like that. That's a horrible blow to the chest for somebody who loves this country. I absolutely adore the men and women who lay their lives on the line to make those kinds of sacrifices, who leave their families behind to go overseas. So we've done all kinds of stuff to redirect monies coming to us into different funds and foundations that take care of our wounded.

The bottom line is that I don't owe anybody an explanation. I do these things because I want to honor these people.

Q: Of all your songs, is there one you never get tired of singing?

A: Obviously, "Have You Forgotten" would fall in that category, but you'd probably make that assumption. Outside of that, there's a song that meant a lot to my mom when she was going through a battle with cancer, called "Second Wind." She says the song has healing qualities, and that's part of what got her through. A lot of times I'll throw it in the show. It always blesses me somehow.

- Matt Grills

7 Smart places to stash your cash

Home safe sales smash 60 year records due to new banking worries

BY ROBERT ANTHONY

So you're still hiding money under the mattress or in the bread box?

Well, you're not alone. Ever since financial institutions have been dropping like flies, millions of Americans have stopped relying solely on their banks.

1. Be sure your bank is insured. If you're not sure if your bank is FDIC insured find out or get your money out. They only have enough cash on hand to cover about 2% of nationwide deposits. So it's not always wise to keep all your eggs in one basket.

2. Start and grow a coin collection. Coin collections are tangible assets

that will always keep their face value, instead of just owning stocks that could depreciate or lose you money.

3. Keep cash safe at home. Cash is King. Believe it, but remember not to keep it in a thief's favorite spot; like in the bread box or the mattress. These will never have the protection that a quality home safe can provide.

4. Saving Bonds, an old favorite. Saving Bonds are an easy way for your money to stay safe in the future. However, if lost or stolen they could be difficult to replace unless the serial number was kept in a safe place.

5. Gold and silver still shine. If you own gold or silver, great, hold on

to it. But if you don't, one of your best bets is to try to get as many U.S. Gov't issued gold and silver coins as you can.

6. Hold on to real estate. With interest rates at historic all-time lows the market is sure to recover and property values will once again bounce back. So those who hold on to their homes for the long term will likely reap the benefits of these investments.

7. Buy a good safe. Home safes become an absolute necessity during economic turmoil. But, because of the huge spike in recent sales, safes may be hard to come by.

With all this you'll be much safer, just in case your bank is the next to fail.



HELP IS ON THE WAY: This never-before-seen photo captures the rapid shipment of free Presidential Armored Safes now being shipped to U.S. citizens across the country. The World Reserve is handing out the Armored Safes free to the general public who rush to call the National Delivery Hotline at 1-866-948-2597 and beat the 7-day order deadline to buy up the newly released World Reserve Collection consisting of 4,100 U.S. Gov't issued coins.

The first shipment of coins will begin when it has been confirmed that you properly received delivery of your free Armored Safe. You'll only need to cover the freight for the safe and \$98 for the first shipment of coins then the same amount for the remaining eighteen monthly shipments to complete the entire collection of 4,100 U.S. Gov't coins. THE NO-WORRY GUARANTEE ENSURES THAT REFUNDS MADE DURING THE EIGHTEEN MONTHS WILL BE GRANTED FOR ALL ITEMS PROPERLY RETURNED, LESS SHIPPING. THAT MEANS, CANCELLATION WILL ALSO REQUIRE THE RETURN OF THE FREE ARMORED SAFE. FAILURE TO DO SO WILL REQUIRE REMITTANCE FOR THE SAFE OF FOUR HUNDRED AND THIRTY SIX DOLLARS. THE WORLD RESERVE MONETARY EXCHANGE, INC IS NOT AFFILIATED WITH THE U.S. GOVERNMENT OR ANY GOVERNMENT AGENCY. THE INCREASE IN COLLECTIBLE VALUE OF CERTAIN PRIOR ISSUES OF U.S. COINS DOES NOT GUARANTEE THAT CURRENT ISSUES WILL ALSO INCREASE IN VALUE. OH AND FL RESIDENTS PLEASE ADD SALES TAX AND SORRY NO SHIPMENTS TO VT AND MA RESIDENTS.

ADVERTISEMENT FOR WORLD RESERVE MONETARY EXCHANGE, INC. 8000 FREEDOM AVE., N. CANTON OH 44720.

Free safes being doled out to public

Armored Safe giveaway ends public worry for those who rush to buy up hoards of brilliant never-circulated U.S. Gov't issued coins that never lose their cash value

BY SHAWN OYLER

UMS - Imagine finally getting something that will never lose its value.

Sounds too good to be true? Well, it's true and word is quickly spreading about the free handout of Armored Safes that are being stocked with the 4,100 brilliant, never-circulated U.S. Gov't issued coins that by law will never be minted again.

These free Armored Safes are being turned over to the general public who make it in time to beat the order deadline for their share of the hoard of brilliant, never-circulated U.S. Gov't coins before the 7-day shutoff.

"The frantic demand for U.S. Gov't coins has caused the U.S. Mint® to officially halt minting of many of its most valuable coins," said lead consultant for the World Reserve Thomas C. Harris, Retired Deputy Director of the U.S. Treasury Bureau of Engraving and Printing.

"Today, the World Reserve has stepped in to release this hoard consisting of 4,100 U.S. Gov't issued coins in a free Armored Safe to the general public. Having valuable U.S. Gov't coins serves as an economic life raft. This valuable Collection will never, never, never lose its face value. You will always have something worth a lot of money," said Harris.

Here's the best part, among the 4,100 never-circulated U.S. Gov't coins that everyone gets there are 100 of the highly sought after Presidential Golden Dollar coins.

Here's why that is so important. Just



LIKE WINNING THE LOTTERY: Everyone who gets this huge hoard will receive 4,100 brilliant, never-circulated U.S. Gov't issued coins including 100 Presidential Golden Dollar Coins and 16 heavy vault bricks containing 160 sealed vault rolls of never-circulated U.S. Buffalo Nickels for a total of 4,100 coins.

think if you would have saved the same number of uncirculated Eisenhower Dollar coins from 1974. Remarkably, they would now be worth 500% more in collector value.

This gives you a hint that these are not the same grade as the coins found in loose change, or from the local bank. In fact, these coins will remain in brilliant, never-circulated condition if left sealed and untouched.

U.S. Gov't Savings Bonds used to be a favorite way to keep money safe and popular to give as gifts. But no one can take a Savings Bond and go buy something with it.

That's why this hoard of valuable coins gives everyone the comfort of having full control of their money. No matter what, they will never lose their U.S. cash value.

If times ever get really tough any coin in the hoard could be used to buy anything. But unless it is a good reason, only a fool would do that because this personal hoard of



NO MORE WORRIES: Carol Ford of Perry, OH said she hit the jackpot when her free Armored Safe was delivered. "I already have some old coins, but I wanted these U.S. coins as a nice nest egg. Now I can keep all my important papers and my Dad's gun in my new safe," she said.

money is already worth so much more than face value.

"So many people are buying up these coins. Even for those people who give away some of their collection as gifts, they are keeping the Armored Safe for themselves," said Robert Anthony, Director of the private World Reserve Monetary Exchange.

"This Safe is one of the absolute best places to keep valuables and important papers. People will now have a safe place to store their wills, guns, jewelry, antiques, keys, coins and even cash," Anthony said.

"The only problem the Safe creates is when it's time to read your Will. You need to make sure everyone knows who you want to leave it to," he said.

"When Americans get their hands on this Safe and their very own personal hoard of U.S. Gov't Coins, they'll really do a double take. Everyone will feel like they just won the lottery," he said. ■

How to get the free Armored Safes

All those who beat the 7 day order deadline and take delivery of the entire hoard of 4,100 U.S. Gov't issued coins from the World Reserve will actually be awarded the Presidential Armored Safes absolutely free.

Eligibility: Certain restrictions apply: 1. Open to the public only, sorry no dealers. 2. Those who miss the 7 day deadline will be turned away from this free offer and required to wait for future announcements, in this or other publications. 3. The entire World Reserve Collection must be obtained.

TO GET THE FREE SAFE USE THIS

FREE CLAIM CODE: US 4517

AND CALL 1-866-948-2597
BEFORE THE 7 DAY ORDER SHUTOFF

©2009 WRME P4513A 0F7459R-



At funeral homes across the country, an unknown number of veterans' ashes go unclaimed. Legionnaires are helping to give them proper burial and honors.

MISSING IN AMERICA

BY MATT GRILLS

ot much is known about Paul Albert Pickel. Born July 9, 1905, he served as a captain in the U.S. Army during World War II. He received the Bronze Star Medal with four Bronze Stars. He died March 1, 1975.

Only last year, Pickel was finally laid to rest at Jefferson Barracks National Cemetery in St. Louis. For three decades, his cremated remains (cremains) went unclaimed, denied the military burial he'd earned.

Such tragedies happen more than people think. Most times, the deceased veteran has no family, or the family abandons the cremains. Unwilling to simply discard them, funeral homes and even some hospitals are left with canisters of ashes - 3,500 in the case of Oregon State Hospital in Salem, of which 1,000 may contain veterans' remains.

In May 2007, The American Legion's National Executive Committee passed Resolution 24, formally endorsing the Missing in America Project (MIAP), a growing network of volunteers who want to see these veterans properly laid to rest. Across the country, they're asking mortuaries for access to their records, in hope of taking custody of abandoned veterans' cremains and providing them with military funerals.

Not all funeral directors want to share their information.

"Some are appreciative and open their doors wide," says Fred Salanti, MIAP's national executive director. "Others, especially the big chains, absolutely forbid their people to help us. That's where The American Legion is a tremendous asset. As a veterans service organization authorized by Congress and the nation, it commands a different level of respect. We're two years old. That's the difference."

Salanti is a retired Army major and disabled Vietnam War veteran. He heard about veterans' abandoned cremains in 2006, while organizing honor guards for homeless and indigent veterans' ceremonies at VA cemeteries. Living in Oregon at the time, Salanti began calling neighboring states to find out how many such veterans they were burying.

ABOVE AND RIGHT: Unclaimed cremains at the Oregon State Hospital, stacked like so many quarts of paint, are estimated to include 1,000 veterans who died between 1890 and 1971. Rob Finch/The Oregonian



IDENTIFY, HONOR AND INTER UNCLAIMED CREMATED REMAINS OF VETERANS

Submitted by: Veterans Affairs and Rehabilitation Commission

WHEREAS, The American Legion is an organization of war veterans who have dedicated themselves to the service of the community, state and nation; and

WHEREAS, Veterans have served our country and, as such, deserve to be buried with honor and respect; and

WHEREAS, Since July 17, 1862, veterans have been buried with honor in National Cemeteries; and

WHEREAS, Unclaimed cremated remains of veterans are languishing on the shelves of funeral homes and crematoriums; and

WHEREAS, The mission of the Missing In America Project (MIAP) is to locate, identify and inter the unclaimed cremated remains of veterans through the joint efforts of private, state and federal organizations; to provide honor and respect to those who have served this country, by securing a final resting place for these forgotten heroes; and

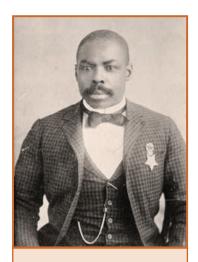
WHEREAS, MIAP does not retain the human resources to adequately fulfill the mission it has started and would like The American Legion's help and support; and

WHEREAS, Local Legionnaires can assist in locating and identifying the abandoned cremated remains of veterans across the nation and obtain the documentation on cremated remains left unclaimed at funeral homes in their local area; now, therefore, be it

RESOLVED, By the National Executive Committee of The American Legion in regular meeting assembled in Indianapolis, Indiana, on May 9-10, 2007, That The American Legion support the mission of the Missing In America Project in locating and identifying the unclaimed cremated remains of veterans and securing a final resting place for these forgotten heroes.

Veterans cremains identified





HONORS AT ARLINGTON

On May 21, a Missing in America team and the Old Guard Riders will embark on a cross-country motorcycle trip to escort the remains of three heroes to Arlington National Cemetery.

Buffalo Soldier and Medal of Honor recipient Isaiah Mays, above, died in 1925 and was buried in a pauper's grave. MIAP requested to disinter Mays for burial at Arlington.

Two Silver Star recipients -World War II Navy veteran Johnnie Franklin Callahan and Vietnam War Army veteran James William Dunn – will also be interred.

American Legion posts can help by hosting meals along the route.

To donate or participate in the ride, contact Fred Salanti at (530) 229-9000 or ducpho@miap.us.

The ride route is online: www.miap.us/ announcements/ ann2008082408.html

He learned that, in Nevada, funeral homes had just turned over 34 veterans' cremated remains for burial. In Meridian, Idaho, the cremains of Richard Trueman, a Korean War and Vietnam War veteran with two Purple Hearts, and his wife, Martha, were found in a storage shed that had been auctioned off. That discovery inspired a statewide search called "Missing in America" that recovered the cremains of 20 more veterans, and entombed them all with full military honors at the Idaho State Veterans Cemetery.

"I realized veterans' cremains are out there just sitting on shelves," says Salanti, a member of American Legion Post 1000. "This is a real problem."

He made more calls, this time to recruit volunteers to visit every funeral home in the country – volunteers who wouldn't rest until every last forgotten veteran had been identified, interred and given the honors they deserve.

The Missing in America Project was born.

Building Trust. Of the hundreds of thousands of unclaimed cremains in funeral homes nationwide. Salanti estimates that between 10,000 and 15,000 are veterans.

Finding them isn't easy. Some directors are understandably reluctant to grant access to their facilities, for fear of how they might appear to outsiders. Not all cremains are kept in urns; some are inside cardboard boxes or plastic bags, and stored in basements, closets and file cabinets.

Then there are the records. A 2003 Veterans Benefits Administration survey concluded that 75 percent of medical examiners and coroners do not check for veteran status. Thus, background checks, genealogy and VA verification all play a role in MIAP's work, and are time-consuming.

Volunteers won't get anywhere barging into funeral homes and asking how many veterans are there, Salanti says. He instructs them to make an appointment with a funeral director and, using an information handout and a DVD showing a couple of interment ceremonies, explain MIAP's mission. Then, ask for the total number of cremated remains, and clarify that MIAP specifically wants to verify those of veterans, their spouses and their dependents - typically between 10 and 30 percent of cremains.

"We establish our credentials and make the funeral director comfortable that we're going to honor our commitment to him - that he's still in charge," Salanti says. "We're simply assisting him."

The first funeral home that agreed to work with MIAP was Allen & Dahl of Redding, Calif. In the 18 months since owner Jim Allen allowed volunteers inside, MIAP has identified 25 veterans and five veterans' spouses among 99 cremains.

"In California, you pay \$20 to the state and \$10 to the county to move a body from a funeral home," Salanti says. "This man paid every penny to bury these veterans with honor. Jim Allen provided his coach and his people to take them to the cemetery, and he has three other funeral homes he let us into. That's how it starts: one guy helps us, let's us know it's a real problem - it's not in our heads."

If a mortuary bars entry to volunteers, MIAP won't push, says Linda



WEAR IT WITH PRIDE

Show your Semper Fi spirit and style with our "USMC Reversible Jacket." The dark blue nylon side with red striping recalls the dress blue uniform colors and provides lightweight warmth and wind resistance. The bright red reverse side stands out with expertly crafted high-quality fleece. The back of the jacket showcases the Eagle, Globe and Anchor against the dramatic flag raising at Iwo Jima. The "USMC" lettering and "United States Marines" monogram let everyone know that your heart belongs to the Corps. Zip it up with a golden USMC zipper pull. A spectacular value ... satisfaction guaranteed.

SUPERB VALUE; ORDER NOW.

Available in five sizes, the "USMC Reversible Jacket" is offered only by The Bradford Exchange at the affordable price of \$129*, payable in four monthly installments of \$32.25 each and backed by our 30-day money-back guarantee. To acquire it, send no money now; just return the Reservation Application today. collectiblestoday.com



Marines blue nylon on one side and rich red fleece on the other

©2008 BGE 01-06832-001-BI

RESERVATION APPLICATION

THE BRADFORD EXCHANGE

9345 Milwaukee Avenue · Niles, IL 60714-1393

YES. Please reserve the "USMC Reversible Jacket" for me as described in this announcement. I've checked my size preference below.

Limit: one per order.

Please Respond Promptly

☐ Medium (38-40)

☐ XL (46-48)

☐ Large (42-44) □ XXL (50-52)

Signature

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip 01-06832-001-E94901

*Plus \$9.99 shipping and service per item. Please allow 4-8 weeks after initial payment for shipment. Subject to product availability and order acceptance.



Motorcyclists who belong to veterans groups hold flags during a ceremony honoring four forgotten veterans at the Vermont Veterans Memorial Cemetery in Randolph, Vt., Nov. 7, 2008. The veterans' cremated remains were identified and given proper honors by the nationwide Missing in America Project. Tony Talbot/AP

The Missing in America Project (MIAP) locates, identifies and inters the unclaimed, cremated remains of U.S. veterans through the joint efforts of private, state and federal organizations. Launched in 2006 and strongly supported by The American Legion, MIAP is a registered 501(c)3 nonprofit corporation.

TO DONATE

Missing in America Project 2874 Sandalwood St. Redding, CA 96001 www.miap.us/donate. html

TO VOLUNTEER

Contact your state's MIAP coordinator online. www.miap.us/miap_ contacts2.html

Smith, national operations coordinator: "We don't want to alienate anybody."

Instead, volunteers in nearly every state are proposing laws that would recognize MIAP, and establish greater cooperation between veterans service organizations, VA, state and federal agencies, funeral homes and crematoriums. They've succeeded in Massachusetts and New Jersey, and lawmakers in six other states are considering such bills, Smith says.

MIAP's recommendations include a national database for state agencies to enter unidentified or unverified cremains, to be checked by veterans service officers or VA volunteers, and screening for veteran status by funeral

homes when a cremation order is signed. In addition, funeral homes would request disposition instructions from next of kin six months after a cremation order is signed. If there is no response within 30 days, arrangements would be made to inter the cremains at a national or VA cemetery. No veteran's cremains would remain at a funeral home longer than five years.

Right Thing to Do. With every interment ceremony, or "mission," MIAP attracts media attention and - almost always - new volunteers. Ron Simpson of Wichita Falls, Texas, says he's indebted to the project; MIAP helped him find his biological father, Robert Hughes Kincaid, a World War II and Korean War Navy veteran.

Looking online for any information about the dad he never knew, Simpson found an article about how, a week before, MIAP had conducted a military funeral for a man of the same name. Later confirmed to be Simpson's father, Kincaid had died in California in 2003, and his cremains had sat on a shelf since then.

"I was a truck driver for 16 years," Simpson says. "Many times I'd been within 100 miles of him without even knowing it. I told the Missing in America Project I'll do anything I can to help out. I finally have closure on what was a missing part of my life."

Ron Eppich, a member of American Legion Post 27 in Apache Junction, Ariz., is MIAP's regional coordinator for 10 Western states. His son, Army Sgt. Robert Eppich, died in a car accident three days after returning from Iraq. When Eppich founded the Old Guard Riders in his memory to assist veterans, he chose MIAP as one of its first projects.

"I saw a video circulating on the Internet about the Missouri mission, and said, 'This needs to be done,'" Eppich says.

He's assisted in the discovery of eight unclaimed veterans' cremains, including Maj. Shirl Terry, a World War II and Korean War Bronze Star recipient, and Sgt. Jerry Lane, a Korean War Purple Heart recipient.

"All they needed was somebody to find them, identify them, verify their eligibility and move them to a national cemetery," he says. "It's the only right thing to do."

Matt Grills is associate editor of The American Legion Magazine.

Now you'll hear every word - Loud 'N Clear!

Ever wish you could turn up the volume on life – without wearing an embarrassing device? Now you can with Loud 'N Clear, the personal sound amplifier that's disguised as a cell phone headset!

Loud 'N Clear turns ordinary hearing into extraordinary hearing. It's so powerful you can hear a conversation from across the street! Best of all, it has dozens of everyday uses. Now you can:

 Listen to TV at a volume that's comfortable for you but doesn't disturb others.

 Hear better at Bingo, card games and other events where you can't afford to miss a word.

• Enjoy lectures, movies, shows and church like never before.

• Keep "an ear on" the children when they're playing out of range.

 Make the wildlife come alive during nature walks or hunting trips.

Loud 'N Clear is compact and portable, so it's always handy when you need a little extra volume.

Through this special offer, you can get **Loud 'N Clear** for only **\$19.99**! It comes complete with our 60-day Total Satisfaction Guarantee. And that's not all ...

For a limited time, you'll even get a **second Loud 'N Clear FREE** with your purchase (just pay shipping and handling). That's two for the price of one! Supplies are limited.

Loud 'N Clear is not available in the state of Washington. © 2009 Ideavillage.



HERE'S HOW TO ORDER

- 1. Call a friendly operator toll-free at 1-800-886-3715.
- 2. OR visit our website at **www.getloudandclear.com/am** (be sure to type the full address so you get the discounted price).
- 3. OR send your name, address and a check for \$34.97 (includes S&H) to: Loud N Clear Offer AM, PO Box 4525, Pacoima, CA 91333 (NJ & CA residents MUST add sales tax).



THE HOMECOMING OF JOSÉ PEQUEÑO

Doctors gave him 48 hours to live. But José Pequeño survived severe brain injury and struggled through a 33-month recovery in several VA hospitals. Finally, just before Christmas, the warrior and his family came home.

STORY BY PHILIP M. CALLAGHAN, PHOTOS BY AMY C. ELLIOTT

Call it a mother's intuition.

When a doctor told Nellie Bagley, over the phone, that her son José was going to die from a severe brain injury, she told the doctor he was lying. That moment of a mother's unbending hope and faith marked the beginning of a son's remarkable struggle to survive, to live. To get back home.

Nellie sits in a chair in a hospital room, watching a physical therapist working on her son's hand muscles. His eyes dart between the therapist, other visitors, and his mother. She smiles at him with eyes that reflect joy and weariness. She hasn't slept in her own home for almost three years.

While José moans a complaint at the therapist, Nellie remembers that frozen piece of time in her mind when she got the news from overseas that her loving son was no longer the same.

"It's one of those feelings that you get," she says. "I got home from work about 7 o'clock in the morning. I couldn't sleep. I was very anxious." She got on the Internet to write her son, but the link was shut down. That's normal procedure when bad things happen.

Nellie was sitting in a recliner, wide awake, when the phone rang. A voice from far away told her José had been hurt.

He is in transit to surgery. They're working on him right now. Trying to stabilize. Can't give you any more details.

"A phone call like that, it takes a piece of you away," Nellie says. "You are thousands of miles away. I felt absolutely helpless, like I had aban-

LEFT: José Pequeño arrives at the home renovated for him with the help of Florida Legionnaires. Surrounding him are his daughter Mercedes, left, sister Elizabeth and mother Nellie. For the first time in nearly three years, the entire family is able to eat, sleep and live together under one roof.

doned him." Her voice cracks as José, twisting a bit in his wheelchair, complains to the therapist again. "I wasn't there by his side to tell him that he was going to be OK."

She remembers calling her daughter, Elizabeth, who rushed over to find out what happened to her brother. Nellie could only offer two words: "He's

hurt." That's all she knew. They held each other and cried together, and waited. Four hours passed, the longest four hours of Nellie's

life. "Not knowing what had happened, how bad it was, so you imagine the worst, which – with him – it was." So many things came to her mind, all pushed away by the most important thing: Is José going to make it? The future of their family stood at the other side of that question.

Nearly 36 months later, Elizabeth sits near her mother and watches José. The James A. Haley VA Medical Center in Tampa, Fla., has been her brother's home for the most recent wave of treatments. Elizabeth and Nellie have been with him, hospital after hospital, every day, every night.

Finally, as Christmas nears, José finally gets to go home. Elizabeth knows the change will help her brother get better. "I don't care who you are, being in a hospital for almost three years, that is a hard thing to handle, day in and day out. We've worked very hard and we've dreamed of this, to get him stable enough and well enough to come home. And it's finally happening."

Elizabeth idolizes José, her hero. "My brother has done amazing things, and he's definitely a tough cookie. When my parents got divorced, he

became my father, the man of the house. He took me under his wing like a father would do. And, through the years, he became my best friend."

He gave her advice. They joked together. Whenever Elizabeth needed something, she called José. He was her guiding light and her source of stability.

Nellie and Elizabeth wave goodbye to José as he is wheeled down the hall to a speech-therapy room. The daughter reaches out and takes her mother's hand. Nellie shouts some encouraging words to her son and recalls the first time he wanted to join the Marine Corps. One afternoon, the 17-year-old came home and said, "Mom, I have someone I want you to meet." Nellie looked out the door and saw a Marine recruiter standing there. "I looked at him and said, 'No, thank you,' and I shut the door in his face."

José stared at his mother. She'd never shut the door in anyone's face. He pleaded with her: Daddy is a Marine, Grandpa was a Marine. I want to be a Marine, too. Please, Mom, I want to have your blessing. Slowly, Nellie relented and let the recruiter inside. They talked. "If something ever happens

to my son," she told him,
"I'm coming after you. I will
sign these papers, but I
promise I'll hunt you down
wherever you are."

The recruiter said, "Ma'am, I'll do all that is in my power to keep him safe."

Watch José Pequeño's homecoming video

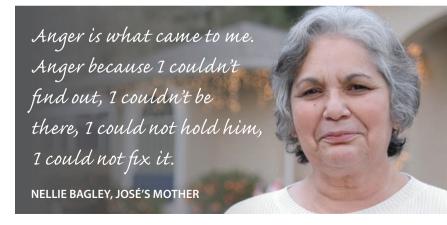
www.legion.org/whatsnew/legiontv

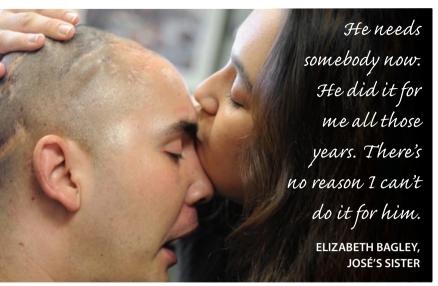
She signed the papers, and gave José a hug and a kiss. All he wanted was to be a Marine.

The hospital room is quiet now. Nellie cries. "When my son got hurt, that recruiter found me. He wasn't in the Marines any longer, but he heard of José's injury, and he found me. He came to the hospital and gave me a hug with tears in his eyes. And he said, 'I am so sorry that I wasn't there.' And I told him he had nothing to do with it. José was doing what he loved."

She reaches for some tissues. "It's been a very emotional week. A very happy week."

The first time Nellie and Elizabeth saw José after the injury, he was in the intensive care unit at the naval hospital in Bethesda, Md. He'd been blown out of his Humvee by an IED explosion while on patrol in Iraq. He lost about half his brain mass. The doctors treating him in Landstuhl, Germany, were sure he would die. One of them called Nellie in the United States and told her so. Your son has a severe brain injury. He is not going to make it.





Nellie called him a liar. "I said, 'You can tell me my son has a brain injury, that his injury is tremendous, that my son may not make it. But you cannot tell me my son is going to die." Shouting and cursing into the phone, Nellie told the doctor to go back to her son, do whatever he had to do, and send him back home to her.

At Bethesda, Nellie and Elizabeth had only two minutes to see José that first time. "When you walk into that room, you don't know what to expect," Nellie says. "And it's nothing of what you expect. It's worse. His head was swollen tremendously. He had tubes everywhere. His head was held by a metal frame. You could hardly find a place to touch him."

Nellie put her hand through the metal frame and touched the top of his shoulder with two fingers. She whispered two words: "Mommy's here." Then Elizabeth reached through, too. In that two minutes, they vowed never, ever to leave him alone. We love you, José. You're a fighter, and we're fighting with you. We will be by your side, day and night, until you come out of this.

"The whole thing just takes a piece from you, and it's not ever going to come back," Nellie says. "I could tell he was my son because I could see his eyes. But it was also like he wasn't my son. That's how bad he looked."

Nellie and Elizabeth never broke their vow. They never went back home to New Hampshire. From that point on, the women became very familiar with the interiors of VA hospitals and whatever sleeping accommodations they could offer. Everything from a nearby Fisher House to a reclining chair next to José. Always, one or both of them watched over him.

They paid their bills and bought food with the \$52 per diem they got from the government. They ate a lot of noodles, and macaroni and cheese. When José was medically discharged, the stipend went away and things became a bit dicey. Hospital staff began to slip them meals. Friends stepped in to help, but paying the monthly cell-phone bill became a matter of real concern. When they brought José to Tampa last year, Elizabeth got a job with the hospital, and that helped. Word of José and his family got around. Others stepped in to help. The VA medical center took great care of José; it is one of the best polytrauma units in the country.

It was clear that José needed to stay in Tampa, so Nellie started looking for a house. She couldn't afford to buy one; she couldn't even ask for a loan. They had to find a rental property, owned by someone who would allow dramatic modifications: ramps, wider doors and a bigger shower. Nellie and Elizabeth finally found a house in Land O' Lakes, not far from Tampa. But a lot of work needed to be done, and it would cost a lot of money to do it right.

Enter The American Legion. Specifically, the Department of Florida. Through its connections, and through the Legion's Heroes to Hometowns program, some funding was provided to help move things along. Very soon after, about 150 contractors, plumbers, carpenters, electricians and other volunteers showed up to renovate the house.

With Florida Legionnaires working behind the scenes, donations for the new home began to arrive: furniture, food, supplies, special equipment – even a Christmas tree and decorations. City authorities waived standard requirements for building permits, and, only eight days after the renovation began, the family had a beautiful new home ready for José.

In eight days, 150 workers performed nothing less than a miracle. The volunteer crew never even drew up plans; they kept the blueprints in their heads as they remodeled the kitchen and laundry room, put in plumbing, painted the house, added all the trim and put in floor tile. Landscapers worked in the pouring rain, planting trees, flowers and shrubs. They installed outdoor lighting and put in new screening.

Nellie was amazed. "There's a lot of angels here who have helped us; some of them came out of nowhere. I don't know how The American Legion



U.S. Mint ends Statehood quarter series

Own the complete set – ALL 50 Quarters designs ... before it's too late!

Now that the wildly popular Statehood quarters have ended, collectors are hurrying to put sets together featuring all 50 designs from 1999-2008, in mint Uncirculated condition. Act now to get a prized complete Uncirculated set of all 50 Statehood quarter issued since 1999 – **before it's too late** – for the specie low price of ONLY \$19.95! You'll SAVE 74% off the regular price, and get an Uncirculated 5-coin set of 2004-2006 Westward Journey nickels absolutely FRE



| ended, collectors are eaturing all 50 desi Uncirculated conditi complete Uncirculat ssued since 1999 – I ow price of ONLY \$ regular price, and go | gns from 1999-2008, in mint on. Act now to get a prized ed set of all 50 Statehood quarters | TYES Please send me the Complete Uncirculated Set of 1999-2008 Statehood Quarters for ONLY \$19.95 – regularly \$79.00 Statehood Quarters for ONLY \$19.95 – regularly \$79.00 (limit 3 sets). Also send my FREE Westward Journey Nickel Set (one set per customer, please). ORDERS MUST BE RECEIVED WITHIN 30 DAYS | |
|--|--|---|--|
| | fascinating selections from our Free Examination Coins-on-Approval Service, from which you may purchase any or none of the coins – return balance in 15 days – with option to cancel at any time. 45-Day Money Back Guarantee of Satisfaction poric coins WILL NEVER BE MINTED AGAIN! pon or visit us at LittletonCoin.com/specials | Card No. Exp. Date / | |



The Neuton® Battery-Powered Mower

cuts your lawn just like a gas mower, but it doesn't harm the environment with spilled gas and oil or noxious exhaust and it's much easier to use.

- Maintenance-free; no tune-ups
- Instant, push-button starting every time
- Quiet and Lightweight
- 6-Month Trial

Find out more about America's #1-selling battery-powered mower!

neuton

Get a FREE DVD and Catalog!

TOLL 1-800-382-6510

OR VISIT: neutonmowers.com

IMPORTANT:

THIS NO COST PHONE

CONSULTATION IS

ALSO AVAILABLE TO

FAMILIES OF PEOPLE

WHO HAVE DIED FROM

LUNG CANCER OR MESOTHELIOMA.

Lung cancer can occur 20-60 years after a person first breathes Asbestos Dust.

SMOKERS ATTENTION NON-SMOKERS

■ If you have lung cancer or a loved one who has died of lung cancer and worked before 1980 for at least four total years in any

Commercial or **Industrial** trades including:

- Paper Mills Refineries
- Power Plants
- Pipefitters
- Manufacturing Plants

- Laborers
 Chemical Plants
 Boilermakers
- Electricians
- Shipyards
 Insulators

Your lung cancer may have been caused by exposure to asbestos.

 CALL: The Law Offices of G. Patterson Keahev One Independence Plaza, Birmingham, AL

www.mesohelp.com

No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers

found them, but they did. It's a big circle, and we could not have done it without all their support."

Elizabeth sits at a table in the screened enclosure of their new home. It is her final calm before the joyous storm of her brother's homecoming. "We haven't had much time to relax lately, but it's so nice just to come here. It's peaceful. It's a beautiful house." She stares across the back yard into thick woods just beyond a low fence. No amount of gratitude, she says, can truly thank all the people who helped. "A part of us will always belong to them, because they helped us get my brother home.

"You just don't realize how much effort it takes. There's so many little details that The American Legion took care of, and they sponsored my brother for Heroes to Hometowns. We never would have had anything without that, because nobody would've known. The American

Legion, they really did a wonderful thing. They were the backbone, and they're still my backbone."

Dec. 19, 2008: A message board in José's room reads, "Go Home Today!" Vince Conti, retired Army sergeant major, gives José his final haircut at the VA center. He used to lead wounded troops at the hospital in formation drills, including José. "One day, they brought him in, and he was sleeping," Conti says. "And I shouted, 'Pequeño! There is no sleeping in my formation!' Well, he opened his eyes up, big as quarters, and he looked right at me. So he must have been able to hear me."

About an hour after the haircut, Vince drives José and his family (including daughter Mercedes) home in a big, white van. The street is lined by American Legion Riders and other patriots, their motorcycles, and American flags. As José's family takes him inside the house, applause erupts from about 300 people gathered to welcome him home. A barbecue in his honor features H2H Barbecue Sauce. Visitors line up in the back yard to spend a few private moments with their hero. They thank him for his sacrifice. They encourage him to keep fighting. Get better, José. We're all praying for you.

Between hugs and kisses from Nellie, Elizabeth



At José's homecoming, many well-wishers – veterans, friends, Legion Riders, servicemembers – stand in line to thank the hero for his service.

and Mercedes, José looks around at all the people who have come here to honor him. "I think he's completely aware of what's going on," says Kimberly Bennett, a close family friend. "When his family's around, he pays attention. And he tracks

the conversations of people around him. He may not be able to talk like you and I, but his eyes and face say a lot."

Standing behind his wheelchair, Nellie leans over and gives her son a hug. At Bethesda, she was told that José would always be hooked up to a breathing machine. She would have to open his eyes in the morning and close them at night. "Two weeks after that conversation, the breathing machine was taken off my son. He has never used another one again. Two weeks and three

days after that conversation, my son opened his eyes for the first time on his own."

Elizabeth comes over and gives her brother a kiss. "I think my mother and I draw a lot of strength from my brother," she says. "Because if he's not giving up, there's no way we would. And we're not allowing him to, either.

"That's the way we look at it. It's a big cycle and it just keeps going. That's how we've made it this far."

Philip M. Callaghan is managing editor of The American Legion Magazine.



An American Legion program for severely injured servicemembers transitioning to civilian lives.

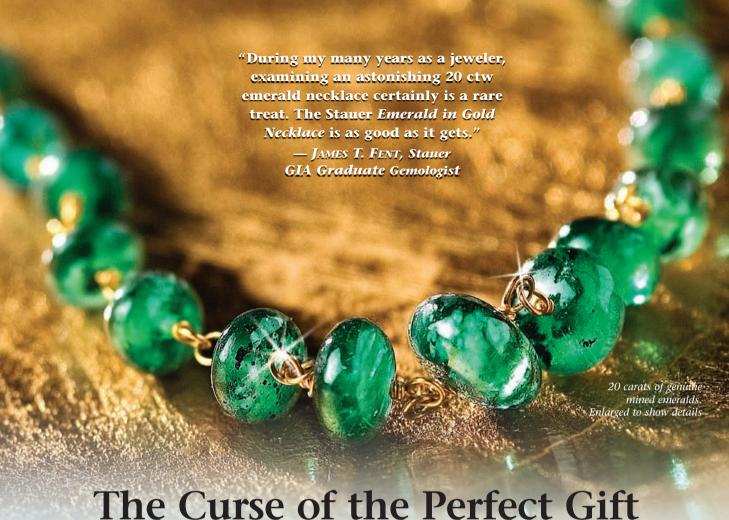
For more information:

heroestohometowns@legion.org (202) 631-9924

H2H Barbecue Sauce

Profits from sales of the barbecue sauce support the Heroes to Hometowns program. The sauce is available online.

www.h2hbbq.com



20 carats of polished natural emeralds linked with 14K gold for under \$200!

t happened on our last trip to South America. After visiting the "Lost City" of Machu Picchu in Peru, we ventured through the mountains and down the Amazon into Brazil. In an old village we met a merchant with an impressive collection of spectacular, iridescent emeralds. Each gem was tumbled smooth and glistened like a perfect rain forest dew drop. But the price was so unbelievable, I was sure our interpreter had made a mistake.

But there was no mistake. And after returning home, I had 20 carats of these exquisite emeralds strung up in 14k gold and wrapped as a gift for my wife's birthday. That's when my trouble began. She loved it. Absolutely adored it. In fact, she rarely goes anywhere without the necklace and has basked in compliments from total strangers for months now.

So what's the problem? I'm never going to find an emerald deal this good again. In giving her such a perfect gift, I've made it impossible to top myself.

To make matters worse, my wife's become obsessed with emeralds. She can't stop sharing stories about how Cleopatra

cherished the green gem above all others and how emeralds worshiped by the Incas and Mayans and prized by Spanish conquistadors and Indian maharajahs. She's even buying into ancient beliefs emeralds bring intelligence, well-being



Complete your collection with the 5 ctw Emerald and in 14K Gold Earrings.

good luck to anyone who wears them. I don't have the heart to tell her that I'm never going to find another deal this lucky.

Our elegant Emeralds in 14K Gold Necklace features 20 carats of smooth. round emerald beads, hand-wired together with delicate 14K gold links. Each bead is unique in both size and color, ranging from transparent to translucent. The 18" necklace fastens with a spring ring clasp. If you are not thrilled at this rare find, send it back within 30 days for a full

refund of the purchase price. But remember, we have only found enough emeralds to make a small limited number of necklaces and earrings at this low price.

IEWELRY SPECS:

- 20 ctw of polished natural emeralds
- Linked with 14K gold
- Necklace is 18" in length
- Earrings are 5 1/2" in length
- Individual color may vary.

Emeralds in 14K Gold Necklace

(20 ctw) MSRP \$1,110 Your price \$199 +s&h

Emeralds in 14K Gold Earrings

(5 ctw) MSRP \$820

Your price \$175 +s&h

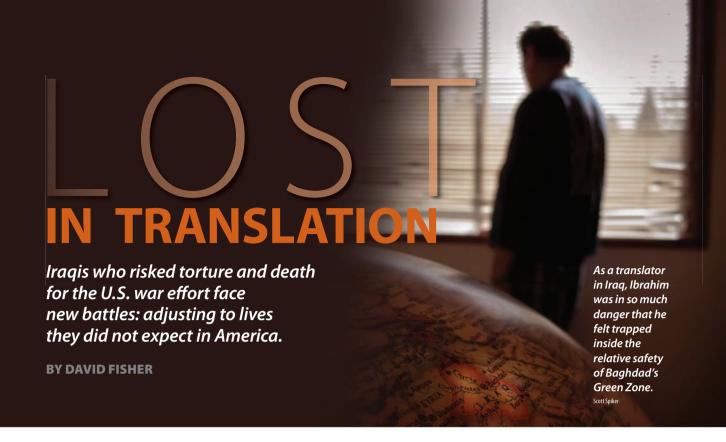
Call now to take advantage of this limited offer.

Promotional Code EGN150-01 Please mention this code when you call.

Stauer Dept. EGN150-01
Burnsville, Minneso

14101 Southcross Drive W., Burnsville, Minnesota 55337

www.stauer.com



The ring of Kamal's cell phone broke the tedium of another hot summer afternoon in Baghdad, 2007. He instantly recognized the number from the caller ID; it belonged to a trusted friend. But when Kamal answered, the cold voice came from a stranger whose words he'll never forget.

"You're next," the caller said.

A few days later, the body of the friend – who, like Kamal, worked as an interpreter for the U.S. military – was found. The body was riddled with holes from a power drill. The flesh on his back had been burned off with an electric heater.

Such are the risks faced by thousands of Iraqi interpreters who have served, and continue to serve, alongside U.S. forces in the war. They often go door to door on patrols, accompanying U.S. troops into insurgent-infested strongholds, performing a duty that goes beyond the translation of language, providing critical insights about local culture and customs as well. Especially in the early part of the war, they commonly patrolled without body armor, helmets or weapons, and faced torture and death if caught by the enemy.

Each of these unsung allies has a story.

There's 28-year-old Ayham, who was blown out of bed one night in November 2006 when an insurgent's rocket hit his trailer.

Another: Ibrahim, 46, watched as 42 of his colleagues disappeared while working with a U.S. military police unit, the victims of a snitch who gave their identities to murderous insurgents.

All three - Kamal, Ayham and Ibrahim -

eventually made it to the United States, escaping lives of self-imposed isolation inside the walls of the Green Zone. Now that they are in the United States, their isolation has turned to exile as they try to find decent jobs and homes in a downward-spiraling economy.

Generally, they consider themselves lucky. Until recently, U.S. officials have allowed only a few Iraqis a year to emigrate to the United States, even if they had risked their lives in-theater to help the U.S. war effort.

The number of translator refugees is gradually growing as the departments of State and Homeland Security, prodded by Congress and a rising tide of activists, move to process their visa requests more aggressively. Once here, the translators – usually college-educated, often with spouses and children – find life to be much less dangerous but equally complicated. They find themselves transported into a foreign culture with a troubled economy, where resettlement help is scant.

Kirk Johnson, a 28-year-old former U.S. Agency for International Development (USAID) officer who spent a year in Anbar province early in the war, runs The List Project to Resettle Iraqi Allies, the largest among a handful of groups that have sprung up to help interpreters and other Iraqis get to the United States.

There are more than 2,000 names on Johnson's list, all facing waits of four months to four years for special immigration visas that would be their tickets out of Iraq and into the United States.

For the few who have been able to get here, adjustment has been an unexpected challenge. "I was shocked," Ayham explained. "You come here and get connected with an NGO (non-governmental organization), and they give you a caseworker. You call them 100 times and don't get a call back."

Ayham believes the problem is based partly on differences between Iraqi translators and other political refugees from countries such as Sudan or Somalia, who may be escaping starvation, civil war or genocide. "I know quite a few other (U.S.-supporting Iraqis) who are struggling. Everyone had an expectation. The problem is not just the NGOs. It is the economy, too."

Still, there is cause for optimism, said Jody Lautenschlager, a State Department consultant who has helped at least 100 translators from Iraq work their way through the legal immigration process, which has grown less time-consuming since the final months of the George W. Bush presidency. Lautenschlager said she and other advocates hope the Obama administration will devote more energy to the issue. "During the war, they were turning kind of a blind eye (to translator resettlement). Maybe now we can look at things a little differently."

Ayham shares her optimism.

"We did not come here due to hunger but because of our association with the United States. Being in the United States is a success story in itself. In the United States, if you stay here a while and work hard, you can find your path."

DEADLY DUTY. Soon after the March 2003 invasion drove Saddam Hussein out of power, the streets of Baghdad were filled with looters. Armed attacks by insurgents were not yet common.

U.S. forces and military contractors scurried to hire interpreters and other bilingual Iraqis so they could begin rebuilding the country.

With a degree in English from Baghdad University, Ayham (a pseudonym, used here to protect him and his family) signed on with the Americans simply because he needed a job, and the \$450-a-month salary looked good in a war-torn city that was already beaten down by years of economic sanctions.

Ibrahim, a veterinary lab technician, volunteered to help when he saw U.S. doctors struggle to treat Arabic-speaking Iraqis in a local hospital. He readily accepted when the Americans offered to hire him full time, attaching him to a military police unit to accompany street patrols.

No one at the time, Ibrahim said, could have predicted the ugly turn that the occupation would soon take. Militants began to flow into Iraq from neighboring countries as soon as the U.S. and British invasion forces displaced the Iraqi military. But the insurgency did not take hold in Baghdad's streets until coalition officials purged Saddam's Baath Party members out of the Iraqi Army and other offices – a move that scrubbed nearly 2 million Iraqis (mostly Sunnis) from their high-paying jobs and turned them into the ranks of the unemployed, seething with resentment.

By 2004, roadside bombs, assassinations and car bombs were a daily scourge in Iraq's major cities. Interpreters helping the U.S.-led coalition might as well have had targets on their backs.

Ayham escaped death from a car-bomb attack that barely missed his convoy. On another day, a car-bomb slaughtered more than 150 Iraqis lined up at a Green Zone security gate. It was a gate Ayham usually used, but skipped that day.

To throw the insurgents off track, Ayham varied his schedule and routes through the city, telling no one – not even his family – where he was going or who he was working with. Others were not as evasive: one interpreter he knew was gunned down in the street with an AK-47; another was shot to death in front of his house.

Meanwhile, Ibrahim transferred from his first U.S. military police unit in west Baghdad after its commander told him there were kidnapping and death threats against him. His new unit in south Baghdad, however, turned out to be a deadly trap. By late 2004, he was living inside the Green Zone, separated from his wife and three young children, interpreting for the Ministry of Defense.

As their jobs grew increasingly treacherous, bonds between the interpreters and their American friends tightened, Ayham said. Part of it was the shared danger. Part, he added, was "about the accomplishments we were making every day." Ayham, who helped establish an association of Iraqi bankers and the launch of a digital moneytransfer system, remembers the dramatic conversion from Iraq's previously disorganized business system under Saddam that operated almost entirely on cash. He was playing a part in his nation's

REACHING OUT

Hundreds of returning U.S. soldiers have reached out on their own to help former Iraqi co-workers and their families immigrate to the United States, to escape insurgent death squads. A few volunteer groups have also formed to help in a more organized way, including:

THE LIST PROJECT TO RESETTLE IRAQIALLIES

Founder: Kirk Johnson, former U.S. Agency for International Development (USAID) officer in Iraq

Goals: To help Iraqis who are endangered by their work with the U.S. military, and with U.S. agencies, to resettle themselves and their families in safer

Projects: Maintains a list of more than 2,000 Iragis who want to immigrate. Enlists legal aid. Charters groups of "netroots" volunteers around the country to help Iraqi families get established in new homes.

Needs: Cash donations, volunteer time www.thelistproject.org, (888) 895-5782

THE CHECKPOINT ONE FOUNDATION

Founder: Capt. Jason Faler, Military Intelligence Company Commander, Special Troops Battalion, 41st Infantry Brigade Combat Team, Oregon Army **National Guard**

Goals: To help resettle Iragis who have faced danger to help U.S. troops and agency workers.

Projects: Helps individual families with immigration expenses. Provides temporary housing and work-search assistance for resettled families, and helps with other resettlement costs.

Needs: Cash donations, volunteers

www.cponefoundation.org, (503) 744-0712

reinvention, helping to create new infrastructure.

"So it gives me the attitude that I need to keep going," Ayham said. "Not only because of the accomplishments, but I am getting experience every day. My English is getting much better and I knew what was going on in the world.

"People at night would tell me about life in the U.S., and I would say, 'Why not? Why can I not be like them?"

As security continued to deteriorate, U.S. soldiers, veterans and NGOs tried with spotty success to get the Iraqi translators safely out of the country.

Some veterans, such as U.S. Army Reserve Officer Joe Sharpe, a sergeant at the time who was deployed to help with the banking conversion,

worked individually to guide friends through thickets of bureaucracy that, at one time, required no less than the signature of a general for approval of a special immigration visa.

Others worked with a broader brush.

Johnson's List Project, founded in 2007 to bring some of his own interpreters out of the country, soon was besieged with requests from others.

On the west coast, Oregon National Guard Capt. Jason Faler, whose military intelligence unit worked with Ibrahim in Baghdad, founded the Checkpoint One Foundation, named after an infamous Green Zone gate that was such a popular spot for insurgents to strike Iraqi employees it earned the nickname "Assassin's Gate."

While The List Project has assembled volunteer support groups to help Iraqi immigrants, and lined up 200 attorneys across the country to do pro bono work for them, Faler has spent his own money through Checkpoint One to bring a handful of Iragis and their families to the United States. Government response to the issue often gets poor reviews from those involved. But it appears to be improving.

Through most of the war, the number of special immigration visas set aside for interpreters who worked with U.S. troops or agencies in Iraq and Afghanistan was limited to 50, despite requests from more than 2,000. That limit was temporarily raised to 500 a year in 2007, after Congress pushed through special legislation to bump up the numbers. Subsequent legislation opened the special visa door to a ceiling of 5,000 Iragis a year, as long as they worked with the U.S. military or some other U.S. agency in Iraq for at least a year.

Altogether, the State Department announced last fall that it managed to bring 13,383 Iragis into the country in 2008 - up from only 1,608 the year before. But Johnson said only about 2,000 of those were brought in through the special visa program for employees such as translators – and that included family members.

Meanwhile, more than 300 Iraqi interpreters had been killed by the early months of 2008. Still, as recently as last fall, they were ordered to stop wearing ski masks or other facial disguises on the job – an order that was quickly rescinded when Americans protested and interpreters continued to die.

Much of the holdup in processing employee visas, Johnson said, has centered around lengthy background checks to qualify for immigration, although the applicants underwent extensive screenings to get their jobs in Iraq.

The FBI and State Department expanded their efforts to process visas by mid-2008, beefing up offices in Baghdad and a handful of other Middle Eastern embassies to conduct background checks and process paperwork. Johnson and the Center for American Progress are now fighting to airlift potential Iraqi refugees to safe-haven territories, such as Guam, where their paperwork could be processed in relative safety – an option that was used successfully in 1999 with Kosovar Albanians and northern Iraqi Kurds.

Denmark airlifted all 200 of its Iraqi employees out of the country after it pulled its 460 troops out in 2007. Britain also paid to relocate most of its Iraqi staff.

"I think what this issue represents is one of the great choices for the new administration," Johnson said. "It allows us to move beyond this manichean world view in which you are either

with us or against us ... and what's so ironic is these people are with us, but they are being treated as though they were against us."

A Center for American Progress report estimates that as many as 25,000 Iraqis could be considered "U.S.-affiliated," although no comprehensive list exists.

President Obama and Secretary of State Hillary Clinton both spoke in favor of opening the borders wider for Iraqi allies during their 2008 presidential campaigns.

There appears to be no "brain drain" up to this point in Iraq. So far, Global Linguist Services, a Falls Church, Va.-based contractor that provides interpreters for the U.S. military under a five-year, \$4.6-billion contract, has managed to keep its staffing levels at 98 to 99 percent of capacity, company spokesman Douglas Ebner said.

TOUGH TIMES. The resettlement process is not only difficult, it's expensive. Faler pegs the cost for a family of five at about \$18,500, which includes travel costs and three months of living expenses to look for a job. Consequently, many Iraqi families arrive broke or nearly so.

Volunteer and advocacy groups can help them get established, often in cities with Middle Eastern immigrant neighborhoods, and refugee relief programs run by the State Department provide financial help for a few months. Still, many Iraqi interpreters struggle, despite their generally higher

educations and advanced language skills.

Ayham considers himself fortunate, having managed to get a job in Denver with a U.S. construction company he worked with in Iraq after he left the military.

Kamal, a civil engineer in Iraq, found work as a busboy in a Chinese restaurant. The Checkpoint One Foundation paid his rent and utilities for a year, while he lived in Oregon with his wife and three young children. But he returned to Iraq in 2008 to translate again, leaving his family in the relative safety of the United States.

Ibrahim says he may follow the same path. Despite his veterinary training and excellent English skills, he's working 20 hours a week behind the deli counter at a grocery store. He doesn't own a car. His wife suffers from a chronic disease, and his children have battled a stream of maladies associated with Oregon's wet weather.

The family spends most of its days huddled in a little apartment, unable to afford to go out, he said. He's thinking seriously of returning to Iraq to make money translating and leaving his family in the United States.

"I need to think about my kids' future," he said. "I cannot – we cannot – spend the rest of our lives living like this."

The money is good. The

1,800 or so interpreters who are recruited for Iraq duty from the United States are paid between \$108,000 to \$175,000 a year, including hazard pay, and usually get the safest positions, according to the military Web site Strategypage.com. The more than 7,000 interpreters hired inside Iraq make much less, about \$14,000 a year.

Many intelligence agencies within the United States, who are crying out for Arabic speakers, can't grant security clearances to non-citizens, Faler said. Special immigrant visa holders often must wait years to apply for citizenship.

"We now have at our disposal a pretty robust group of people and a resource that we should tap into," Faler said. "We've got all of these warehouses of untranslated documents and uninterpreted voice recordings. We need foreign media analysts and all sorts of things to help us win this really long-term fight we're engaged in, but we're not tapping into that resource ... they're working in delis and supermarkets."

David Fisher is a writer living in Oregon.

Spinal Cord Super Center Minneapolis VA refines the art of rehabilitation.

BY STEVE BROOKS

As you walk into the new Spinal Cord Injury and Disease Center at the Minneapolis VA Medical Center, you'll not really notice you're walking into a new building. That's the whole idea, says Dr. Gary Goldish, chief of the center.

"I purposely wanted this to feel like we're not going off into a different world – that it's not a different building, that it's the same facility," Goldish says. "Based on my experience when I was at the University of Minnesota, children's rehab was off in a different section. It would take someone 15 minutes to figure out where they were. I want them to feel like they're just walking into another ward."

The center, despite the look, is anything but just another ward.

Among its features are 30 inpatient beds, a state-of-the-art therapy pool and gym, a computer-training room, a urodynamics and special procedures room, and a multipurpose room that includes dining, gym and projection-screen areas. A ceiling-lift system at the center will safely move patients from area to area.

The physical-therapy department includes the Lokomat, a robotic treadmill on which patients are strapped into a support harness and their legs are moved mechanically to simulate walking. The Lokomat's biofeedback system allows patients to know, with each step, how much they are helping or resisting the machine.

"State of the art used to be having a patient in a harness on the treadmill, with one physical therapist holding one leg, another therapist holding the other leg, and a third therapist to turn the treadmill on," Goldish says. "Now, one therapist can take care of the patient. The robot is doing most of the work at first, but you can back off, little by little, and can actually increase the resistance (the patient) has to fight through."

The therapy pool, a HydroWorx 2000, also is cutting edge. It features an adjustable floor with variable water depth, allowing for safe access without ladders or steps. Patients simply walk – or are wheeled – onto the pool floor, then lowered to any depth. The pool also features a variable speed treadmill that will accommodate four to six people at a time, and resistance jets.

Simple day-to-day tasks become extremely

difficult following a spinal injury, so the center has an area designed to help re-entry into society.

"You've got people learning to grocery shop from a wheelchair," Goldish says. "You've got a bank. You've got community re-entry as an integral part of rehab. When the person who is just learning to get into the wheelchair for the first time, when he comes to therapy and is struggling just to get into his wheelchair, and he sees the other guy who has been here a month is already practicing getting into a car – that's huge. It says, 'There's light at the end of this tunnel.'"

Outside the center is a wooded setting where a wheelchair exercise trail is planned, along with a sports court that includes wheelchair basketball, wheelchair tennis and six "bank-shot" stations where players proceed through a course of angled, curved and brightly colored backboards. The American Legion Department of Minnesota already has provided \$36,000 to help with the cost of the Sport Court.

"It seems like it's impossible, but (the patients) really love it," Goldish says of the outdoor sports available. "It's a challenge."

On a training patio, patients learn to walk again on asphalt, gravel, sand, wood, mulch, cement, a bridge, slopes and handrails. The outdoor area even includes a putting green and batting cage for wheelchair patients.

The center will treat a variety of patients. "We'll be providing care for spinal-cord injuries and spinal-cord disorders," Goldish said. "What I mean by disorders would be patients who have paralysis from non-traumatic causes, such as multiple sclerosis. It's a rehab facility, so we'll be providing both acute rehab and sustaining care, home care, even telehealth." The facility also will provide a break for home caregivers.

"Patients who come in with, for instance, a bed sore, and they need to be at bed rest," Goldish says. "They can't take care of themselves at home for awhile. They come in and they need a respite, or their caregivers need a break. They can come in for up to one month a year."

The center's opening will be a dream realized for Goldish.

"This is my baby," he says. "I am very committed to this and excited about it. I think we've got some really neat features."

LEGIONNAIRES: THE FIRST GENERATION

Hamilton Fish

The Tomb of the Unknowns was his idea.

n August 1939, Hamilton Fish paid a visit to Joachim von Ribbentrop, the Third Reich's foreign minister. The Nazi diplomat started to lecture him on how the German army had not really been defeated in World War I. "I reminded him that I, too, had been an officer in the last war," Fish later wrote. "German soldiers and replacements in 1918 were either young boys or old men. Germany was exhausted in manpower and resources, and could not have lasted another six months" On that subject, Ribbentrop suddenly went mute.

A soldier and politician, Fish was a fighter who also had a way with words. As a company commander in World War I, he fought all the way to the Rhine River with the famed 369th Infantry Regiment, the "Harlem Hellfighters." As a U.S. congressman from New York's 26th District, he took on the Roosevelt administration and its New Deal politics, becoming one of FDR's chief critics.

Until the Pearl Harbor attack, Fish opposed U.S. involvement in World War II, agreeing with Thomas Jefferson that our country should never "take an active part in the quarrels of Europe."

In 1919, Fish attended The American Legion's caucus in St. Louis and found himself chairing a three-man committee that produced the preamble to the Legion's constitution. Fish always gave credit to his co-authors, John Greenway of Arizona and George Davis of Delaware: "We virtually locked ourselves in the room for 16 hours, and wrote and re-wrote the preamble, each one of us contributing certain parts."

After being elected to the U.S. House of Representatives in 1920, the first resolution Fish introduced was to return the body of an unknown American soldier for burial at Arlington National Cemetery. His action resulted in creation of the Tomb of the Unknowns, which holds the remains of servicemembers from three wars.

For more than 40 years, Fish worked in the insurance business, establishing the firm of John C. Paige & Co. But his legacy was already secure - as a Legion wordsmith, a Roosevelt critic, and the man who laid the groundwork for the Tomb of the Unknowns. At the Legion's 61st National Convention in Houston, he was given the title of honorary past national commander.

In a eulogy to the famous Legionnaire, Past National Commander Martin McKneally said Fish "threw himself with a whole heart into the aid of him who bore the heat of battle The network of hospitals, soon to be receiving veterans from our latest war, are partly his creation. Can there be a better memorial than that?"

In his Legion biography, Fish captured his own essence in one succinct line: "Have always believed in upholding and defending the Constitution of the United States and the declarations contained in the Preamble."

- Philip M. Callaghan



The dossier

Born to Hamilton and Emily in Garrison, N.Y., Dec. 7, 1888.

Great-grandfather Nicholas served in Washington's Army and was a close friend of Alexander Hamilton.

Attended Harvard University and captained the school's football team; graduated cum laude in three years.

Grandfather Hamilton served as governor of New York, U.S. senator and President Grant's secretary of

Served in World War I as company commander in 369th Infantry Regiment, the "Harlem Hellfighters." Awarded Croix de Guerre and Silver Star, Promoted to lieutenant colonel.

Elected to U.S. Congress in 1920 and served New York's 26th District until January 1945.

Died at the age of 102 at Cold Spring, N.Y., on Jan. 18, 1991.

Wrote the book "Memoir of an American Patriot," published posthumously in 1991.



INSTANT RELIEF FROM BACK PAIN Therapeutic Spinal Alignment Pillow **Place On Any:** ONLY \$1 797 Chair Couch Stool Auto Dept. 60916 © 2009 Dream Products, Inc. Restores Correct **Spinal** Alignment **Realigns** Takes **Spine So You Pressure Can Sit** Off **Tailbone** Pain Free **Painful**

ORDER TOLL 1-800-530-2689

For Hours!

www.DreamProductsCatalog.com (Web Offers

THE ONLY CUSHION YOU'LL **EVER WANT TO USE!**

Misalignment

Dual-design system in this amazing cushion has a cut-out section that takes painful pressure off the tailbone. Gently-sloping wedge realigns the spine so you can sit pain free for hours. Simply place on any chair, couch or stool for instant, ultra-soft relief. Polyurethane foam with washable polyester fleece cover. 16" x 16" x 3". Hurry, order today and get FREE SHIPPING!

Satisfaction Guaranteed or Return For Your Money Back

| Therapeutic Spinal Alignment Pillow | | | | |
|---------------------------------------|-------|---------|---|--|
| (96093) PLEASE RUSH ME | : | | □Check or money order payable to: Dream Products, Inc. Charge my: □ VISA □ MasterCard □ Discover®/NOVUS SM Cards | |
| Therapeutic Spinal | | | Card# Expiration Date | |
| Alignment Pillow(s) @ \$12.97 | | \$ | 1 | |
| CA residents must add 7.25% sales tax | | \$ | Name | |
| FREE SHIPPING | | \$FREE | | |
| Add \$2.00 Handling | | \$ 2.00 | 1.55.555 | |
| Please Print Clearly | TOTAL | \$ | SEND ORDER TO: 412 DREAM LANE, VAN NUYS, CA 91496 | |

Alignment

[VERBATIM]

"Are vou punch-drunk?"

"60 Minutes" interviewer Steve Kroft, responding to President Obama's laughter while discussing the state of the world's economy

"I think you'd have to be pretty jaded if you weren't startled by it."

Casey Corcoran, director of the Boston Public Health Commission's Start Strong program, on an informal poll of 200 Boston teenagers, in which half of them said that pop star Rihanna was to blame for the beating she allegedly received from boyfriend/musician Chris Brown

"I'm really proud – boy, you can't believe. I'm going to frame this and have it up for any time I want to look at it."

World War II veteran Richard Thill, 85, who received a diploma from Humboldt High School in St. Paul, Minn., 69 years after dropping out to enlist in the Naval Reserve. Thill is a member of American Legion Post 39 in North St. Paul.

"We're all about finding ways of raising discretionary revenue."

Michael O'Leary, chief executive of the European budget airline Ryanair, on a proposal to charge passengers to use airline restrooms

"I can't do chaplain's work if I can't say 'God' – if I'm scripted."

The Rev. Mirta Signorelli, who resigned as a chaplain at Hospice by the Sea in Boca Raton, Fla., after being told Feb. 23 to "cease and desist" from using "God" in prayers

"Who in this country would not want to change a policy of kicking in doors in the middle of the night and sending a parent away from their families? It must be stopped I think it's un-American."

House Speaker Nancy Pelosi, condemning raids by Immigration and Customs Enforcement agents while speaking to a group of legal and illegal immigrants at St. Anthony's Church in San Francisco

"It is a good moment to move to a shared reserve currency."

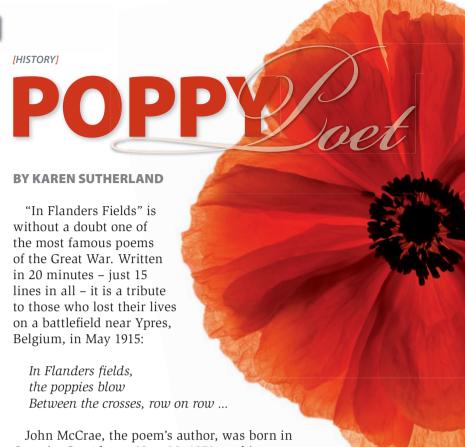
Avinash Persaud, a member of the U.N. Commission of Experts on International Financial Reform, on the panel's recommendation that the world ditch the dollar

"I believe that when somebody's end-date of service comes up, to hold them against their will ... is just not the right thing to do."

Defense Secretary Robert Gates, on his support for ending the "stop-loss" program that keeps people in the military past their enlistments

"The right to be heard does not automatically include the riaht to be taken seriously."

> Hubert H. Humphrey, U.S. vice president, 1965-1969



Ontario, Canada, on Nov. 30, 1872, and is remembered as a poet, doctor, soldier, author and artist. At 15, he joined a local militia commanded by his father, starting out as a bugler.

McCrae won a scholarship to the University of Toronto, where he completed his bachelor's degree and went on to study medicine. He kept his ties with the military and advanced to the rank of lieutenant in his hometown militia. He also belonged to the Toronto militia - the Queen's Own Rifles of Canada - and became commanding officer, achieving the rank of captain.

[TROOP SUPPORT]

Blue Star Salute to honor 1,000 families

On Armed Forces Day 2006, American Legion Post 145 in Avon, Ind., threw a party in a park to honor 57 local military families, and give them Blue Star Banners to recognize their loved ones serving in wartime.

In 2007, the event grew to 175 families and brought together four other Legion posts; the celebration moved to the county fairgrounds.

Last year, the Indiana Blue Star Salute paid tribute to more than 450 families and raised more than \$50,000 for troop

support, including \$10,000 for The American Legion Legacy Scholarship Fund. Partners included the Red Cross, National Guard, VA and other troopsupporting organizations, corporate sponsors and pro sports franchises. This year's goal is 1,000 families.

The 2009 Blue Star Salute is scheduled for May 16, Armed Forces Day, at O'Reilly Raceway Park in Clermont, Ind., from 1 p.m. to 4:30 p.m. This year, the event will be inside the oval and American Legion Riders will

After completing his schooling,
McCrae received a fellowship at
McGill University, which he
postponed to serve in the Boer
War. In 1900, he left for South
Africa to serve as commander
of D Battery of the Royal
Canadian Artillery. He
returned to Canada in 1901
and accepted the fellowship,
and was appointed special professor in pathology at the
University of Vermont.
When World War I began in 1914,
Crae enlisted. As a surgeon atit to the 1st Field Artillery Brigade,

McCrae enlisted. As a surgeon attached to the 1st Field Artillery Brigade, he was sent to Belgium, where he treated the wounded on the front lines. McCrae later wrote, "I wish I could embody on paper some of the varied sensations of that seventeen days Seventeen days of Hades! At the end of the first day if anyone had told us we had to spend seventeen days there, we would have folded our hands and said it could not have been done."

One death was particularly difficult for McCrae. On May 2, 1915, Lt. Alexis Helmer of Ottawa, a former student and friend, died when a shell burst at his feet. McCrae buried his friend.

The story goes that McCrae poured out his grief on paper, as Sgt. Maj. Cyril Allinson stood nearby. Allinson later said, "The poem was an exact description of the scene in front of us both. He used the word 'blow' in that line because the poppies actually were being

blown that morning by a gentle east wind."

McCrae later threw away the poem, but Lt. Col. Edward Morrison retrieved it and sent it to London papers. *Punch* magazine published it Dec. 8, 1915.

Experts say poppies thrive in frequently disturbed soil. When McCrae wrote his poem, the whole front had been uprooted by the tumult of battle, and poppies were in bloom all over the Flanders landscape.

Like the blood spilt from thousands of soldiers, this poppy was red. The red corn poppy, *Papaver rheoeas*, is native to Europe and as early as the Napoleonic Wars was known for growing on the graves of soldiers.

"In Flanders Fields" was an instant favorite all over the world, particularly in Canada and the United States. In Canada, ads featuring the poem helped raise \$400 million for the war effort.

In 1918, McCrae was named consulting surgeon for the British First Army, but the war had left him weary. He developed pneumonia and meningitis, and died Jan. 28, 1918. He was buried with full military honors at Wimereux, France, where poppies grow.

"In Flanders Fields" has achieved immortality, appearing on Canadian 10-dollar notes and a commemorative stamp in 1968. The poem inspired songs by Canadian composers Michael Roberts

and Jon Brooks, and American composer John Philip Sousa.

Karen Sutherland is a freelance writer living in Downers Grove, Ill.

circle the track to start things off. The infield area will also feature vendors, displays, activities for children and a memorial area to honor Gold Star families who have lost loved ones in the war on terror.

Admission and parking are free. A car show will raise funds for a scholarship honoring Spc. Stephen Downing, an Indiana soldier killed in Iraq.

Professional car and truck racing will follow the event.

Families wishing to register for the Indiana Blue Star Salute can do so online at **www.hcbluestar.org.**



Legionnaires from five posts have watched the Blue Star Salute in Indiana grow each year.

Soldiers' words inspire rock album

Already recognized as a popular music group, the rock band Queensryche scored a Top 10 hit in 1990 with the single "Silent Lucidity." The song joined the regular rotation of both rock radio stations and MTV, and became the signature hit for a band that's been recording albums for more than two decades.

Now, Queensryche and lead singer Geoff Tate have used their talents for another project: telling the story of men and women who have put their lives on the line serving in the U.S. military.

The album "American Soldier," released March 31, features 12 songs inspired by interviews Tate conducted with veterans of all eras - from World War II to the current war against terrorism. Tate recorded the interviews and mixed excerpts into several of the tracks. The son of a Korean War Marine and Vietnam War Air Force veteran, Tate spoke with The American Legion Magazine about the genesis

of "American Soldier" and what he took away from the experience of recording it.

Q: What made you decide to put together this album? A: Every project always starts with a simple idea. For me, that idea was talking to my father. He never talked about how he felt about his service. He talked about the technical aspects of it – he could tell me how many bolts it took to keep an F-11's wing on - but he never talked about his feelings. I was visiting with him – he's in his 70s now – and he started talking to me about what happened when he was in Korea. I was lucky that I had my camcorder with me, and so I started recording him talking about his war experience. I played it for my wife and kids, and my wife suggested I write a song about it. It ended up being the last song on the album, and it made me want to learn more about being an American soldier. I figured the best way to go about that was to talk to the people who did that. I ended up talking to soldiers from World War II all the way up to the present war.

Q: Why was it so important to go into this project with a blank canvas, rather than any preconceived notions? A: I think our society, and probably me, are pretty guilty of speculating about things we don't know about. I didn't know anything about being a soldier, and so I didn't want to go into this with anything but an open mind. I was really

interested in the soldiers' perspectives as to why they do it.

Q: Describe your interactions with some of the veterans you talked with for "American Soldier."

A: It was a real learning experience for me. As the project started. I didn't know what to look for, but as it evolved. I sort of started learning what to ask. And I started to realize that a

> lot of soldiers were saying the same things. The events themselves may be a little different, and the technological aspect is obviously very different. But there was a constant with what all of them were saying. They all deal with being separated from their families and friends. They all experienced a bond with those in their units. They had a strong belief in what they were doing, and they all had a very developed sense of honor and duty. They all dealt with the loss of friends and colleagues, and they all dealt with trying to keep their own inner strength intact. There is a common bond from every war era, and I think I walked out of this thing with a strong sense of respect for people who would risk their lives for someone they don't even know.

Q: Was the goal to present this album without any political bias?

A: People can interpret art any way they want, but my goal going in was simply to present these soldiers' stories. I found that most soldiers don't believe in the concept of war at

all. War and conflict are an inevitable part of being human. And I think we take our military somewhat for granted. We have a strong military so the rest of us can live our dreams. We're not having our doors kicked down by enemy soldiers and our children sold into slavery. We're able to live our dreams because some people choose to put their lives on the line. And I think that one of the things that makes the rest of the world respect the United States militarily is that, throughout history, when we defeat another country, we don't go in and take over or exploit that country's riches. We go in and set it up so that they can take care of themselves.

Q: What kind of response do you expect from "American Soldier"?

A: I wanted to find out what makes these soldiers tick, and I hope that this album is one small step toward creating a dialogue about this important subject. Hopefully, this record can do that.

used?" That's the power of editing.

Q: How does your father feel about the album? A: My dad is pretty excited about it. I used his interview on the last song, and I think it sets the tone nicely. He called me, laughing, and said, "After everything I said, that's what you



Steve Brooks

[VETERANS AFFAIRS]

American Legion praises White House change in plan

President Obama has dropped a plan to bill private insurance companies for the treatment of veterans with service-connected disabilities and injuries. American Legion National Commander David K. Rehbein applauded the move.

"We are glad that President Obama listened to the strong objections raised by The American Legion and veterans everywhere about this unfair plan," Rehbein said. "We thank the administration for its proposed increase in the VA budget. We are always available to assist, by providing guidance to ensure a veterans health-care system that is worthy of the heroes who use it."

After a March 18 meeting with the Legion and other veterans groups, the White House announced it would no longer consider billing insurance companies or veterans for treatment of their service-connected disabilities.

"Although we disagreed with the proposal, additional revenue streams are needed by VA," Rehbein said.
"I strongly encourage Congress and the administration to allow VA to begin billing Medicare for the treatment of veterans who qualify for the program. They paid into Medicare for their entire working careers, and should be able to use it in the medical system that was built specifically for them."

The White House plan to bill private insurance companies for veterans' service-connected health care led to a firestorm of opposition. Rehbein's editorial opposing the move appeared in the March 18 *Wall Street Journal*.

The same day, Legion spokesman Peter Gaytan appeared on Fox News and explained why the plan would not serve veterans' best interests.



ITROOP SUPPORT

Emblem Sales offers series of thank-you coins

For members of The American Legion family looking for a way to

express their appreciation for Americans serving in the U.S. military,

Emblem Sales now has coins to give to returning troops, or to troops preparing to deploy. Costing \$1.95 each, the 1.5" die-struck brass thank-you coin says "In Appreciation Of Your Military Service And

Sacrifice ... THANK YOU ... From Your Fellow Veterans At The American Legion," with the Legion emblem on the other side. Other coins available for purchase, for \$2.95 each, include Legion Riders KIA, POW/MIA and "Riding for America's Future" coins.

http://emblem.legion.org/



been diagnosed with Mesothelioma or asbestos related Lung Cancer, you may be entitled to substantial money damages. For a free packet of information, including books, call toll free 888.891.2200 or visit www. mesotheliomaoptions.com.

"Thank you for flying in to meet me to discuss my veteran with Mesothelioma...and helping the family with their Mesothelioma case." Gary Locke –

Gary Locke – Georgia Dept. of Veteran's Service, Retired

Free Consultation & Information Packet Toll Free: 888.891.2200 www.mesotheliomaoptions.com



experience resources results

Robert L. Steinberg is licensed to practice law in the State of Texas and in the State of New York. Principal office located in Houston, TX.

Local counsel will be associated in the client's state of filing. Cases are likely to be referred.

Robert L. Steinberg is licensed by the Texas Supreme Court.

[WASHINGTON CONFERENCE]

Rehbein, Shinseki see bright future for VA

American Legion National Commander David K. Rehbein visited Washington in late February for a meeting with new VA Secretary Eric Shinseki, hoping to get 30 minutes of his time. Rehbein got more than double that and left the meeting with a renewed sense of hope regarding the future of the Department of Veterans Affairs.

"I was left with the feeling that he has a very deep and abiding dedication to the welfare of those not only wearing the uniform now, but those who have worn the uniform in the past," Rehbein told attendees of The American Legion's annual Washington Conference and Commander's Call, March 2-4 in Washington. "I know that he will be coming back to The American Legion because he's



National Commander David K. Rehbein addresses Legion family members during the Commander's Call. James V. Carroll

open to our opinions and our interpretations."

When Shinseki himself spoke at the conference, he asked for the Legion's continued guidance as a voice for U.S. veterans. "Your accomplishments are legend," Shinseki said.

noting a record that includes the drafting of the original GI Bill and lobbying for VA to be a cabinet-level position. "Your counsel is important to me. So I welcome your advice on how to enforce the time-honored covenant between America and her veterans."

Shinseki talked about the continuing need to modernize VA, including converting paper records to electronic files. He also briefly touched on an issue that's been high on the Legion's agenda for years: the backlog of unresolved claims filed with VA by veterans. "The constant need to expedite access to high-quality benefits and services in a timely, consistent and equitable manner remains my constant everyday concern," he said. "I've taken on this issue of the backlog. I can't tell you what it is right now. I don't fully understand it. But I'm taking it on."

Rehbein presented Sen. Charles Grassley, R-Iowa,



Sen. Charles Grassley, R-Iowa, received The American Legion's Distinguished Public Service Award. James V. Carroll

with the Legion's Distinguished Public Service Award. Grassley was praised for being a staunch supporter of America's veterans, a strong military, tough immigration laws and protection of the U.S. flag from physical desecration.

Grassley was particularly passionate about the need for an amendment protecting the flag.

"Countless Americans have fought and died for that flag and the values it represents. That is why an organization like The American Legion ... is so committed to protecting the flag. That's also why I'm committed to the constitutional amendment to protect the flag. We came close to sending such an amendment to the states for ratification in 2006. I know you won't go away, and as long as I'm a senator from Iowa, I won't give up."

Noted writer, director and author Ben Stein received The American Legion's National Commander's Public Relations Award for his support of U.S. servicemembers.

"Ben Stein's intelligence and wisdom are well known," Rehbein said. "And he has demonstrated these qualities in a most important way, through his steadfast support of our troops in Iraq and Afghanistan."

An interview with Ben Stein will appear in the June issue of The American Legion Magazine.

"Your counsel is important to me ... I welcome your advice on how to enforce the time-honored covenant between America and her veterans."

VA Secretary Eric Shinseki



You never have to set this watch... in fact you never even have to look at it.

This new Talking Atomic Watch is the ultimate in simplicity, accuracy, and practicality. It's accurate to within a billionth of a second... and it talks!

just threw my watch in the trash. I got it as a gift a while back—and it was something else. It had four different digital displays, about a dozen buttons, was waterproof to about a thousand feet, and I think it could even tell me the weather. I'll never know, though, because, like I said, it's in the trash. Turns out it couldn't do the one thing I want a watch to do ... tell me the correct time. It always ran a little slow, which was bad enough, but there were so many displays and they were so small that I couldn't tell the time even if it was accurate. When I tried to reset it I pushed the wrong button and set it on military time, and I couldn't figure out how to switch it back. That was the last straw. Now, I've got a great watch. It's super-accurate, easy-toread, and it will even tell ... yes tell ... me the time. Best of all. I'll never have to set it! This is the watch I've been waiting for.

Whether you travel or not... this watch is a necessity.

This Talking Atomic Watch from *first*STREET maintains its phenomenal accuracy because it is designed to receive a signal from the US Atomic Clock in Fort Collins, Colorado. This clock is the standard for time measurement worldwide... it can go 20 million years without gaining or losing a second! It never needs to be set, because it automatically adjusts itself for daylight savings time and leap years.

Easy to read, Even easier to hear.

The most accurate watch in the world is of no use if you can't read it. This timepiece is designed to tell you the correct time... anytime. It features a clear, uncluttered analog display that you won't need reading glasses to see. Best of all, you can press a button and it will tell you the time in a clear, easy-to-understand voice. So whether you're driving to an appointment or dining in a candle-lit restaurant ... you are sure to know the exact time. Press another button and it will even tell you the day and date if you want. There's even an automatic hourly chime.



Try it for yourself... it's risk-free.

The US Atomic Clock cost billions to build and maintain, but you can have the next best thing for less than one hundred dollars. Thanks to a special arrangement with the manufacturer, we can offer you this watch at a special price with our exclusive home trial. Call now, and we'll give you a \$10 INSTANT DISCOUNT and FREE SHIPPING. If you are not completely amazed by the accuracy and quality of this product, simply return it within 90 days for a full "No Questions Asked" refund.

Talking Atomic Watch \$99.95 \$89.95*

*After \$10 Instant Rebate Call now for free shipping.

1-877-498-1476

Please mention code 37971 when ordering. www.atomictimedirect.com





[LEGION RACING]

2009 Legion Racing schedule set

The American Legion Racing Team No. 76 Freedom Car will be competing in the 2009 ASA Challenge Series racing events.

> The newest co-sponsor is The David Law Firm. Funding permitted, additional race-related activities and events may be added to the schedule. Donation and sponsorship inquiries should contact (704) 658-9988. Subscribe to the Freedom Car E-Crew Newsletter. www.legioncar.com, www.legionracing.org

2009 ASA CHALLENGE SERIES SCHEDULE

May 17: Milwaukee Mile, West Allis, Wis.

June 13: O'Reilly Raceway Park, Indianapolis

July 4: Rockingham Raceway, Rockingham, N.C.

July 18: Salem Speedway, Salem, Ind.

Aug. 1: Bristol Motor Speedway, Bristol, Tenn.

Aug. 15: Nashville Superspeedway, Nashville, Tenn.

Sept. 12: Gateway International Raceway, St. Louis

Sept. 19: Iowa Speedway, Newton, Iowa

Nov. 7: Memphis Motorsports Park, Memphis

IVETERANS AFFAIRS

Balun praises Legion volunteer work for VA

The movement to register voters at VA health-care facilities last year triggered an unexpected - but critical - wave of volunteerism. More than 1,100 new participants in the VA Volunteer Services program helped nearly 12,000 veterans nationwide register and cast ballots in the November general election.

"We could not have done this without help from volunteers," said Laura B. Balun, director of VA's Volunteer Service Office, "We recruited

Volunteer opportunities

www.legion.org/ veterans/affairs/ volunteer

new volunteers. We also had many who said, 'I'm here every day, and I'd be glad to assist with this - give me another assignment."

At the 49th American Legion Washington Conference at the Renaissance Hotel in March, Balun said the VAVS program depends on American Legion participation. "The Legion has been a staunch supporter, always. But we've really seen an increase in the past few years, especially for non-traditional activities."

The American Legion's Veterans Affairs & Rehabilitation Division tracks VA volunteer hours annually performed by members. In 2008, the Legion delivered 909,480 hours of volunteer work, up from 2007. However, those hours were performed by 397 fewer certified volunteers.

"We're getting more done with fewer people," said Jacob Gadd, VA&R assistant director. "But the average age is 75."

Gadd listed several goals to recruit volunteers and enhance the VAVS program in 2009, including an online registration process to reduce the time it takes to certify volunteers and get them into action, increased promotion using Legion national media, a volunteerism tool kit, and a goal of no fewer than 22 new volunteers per Legion department.

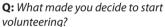
[O&A]

VA Volunteer of Year won't slow down

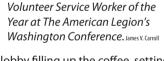
Nine years ago, Legionnaire Robert Axelson began volunteering at VA's Bettendorf, Iowa, Community-Based Outpatient Clinic. Since then, he has logged more than 9,200 volunteer hours at the facility, performing a

variety of tasks. "Anything they ask me to do, I'll do," he says.

Axelson, 63, works from 6:30 a.m. to 12:30 p.m., five days a week, walking more than a mile and a half to get to the clinic. At the Legion's Washington Conference in March, Axelson received the VA Volunteer Service Worker of the Year Award. A member of Post 154 in Bettendorf, he spoke with The American Legion Magazine after receiving his award.



A: I went to the clinic for my



Robert Axelson was named VA

physical, and I saw a lady out in the lobby filling up the coffee, setting out food, doing everything, and I asked if she needed some help. She asked, "Can you start today?" I started the next day, and later it went to two days a week, and then it went to five days a week.

Q: What tasks do you perform when you volunteer?

A: I go in and set up the snack table. I put donuts and cakes out for patients coming in who have fasted because they're giving blood. I make sure the coffee is filled. If the weather is bad, I put salt out on the sidewalk. I pull faxes off the machine, and I make sure the machine has paper in it. I do the mail. I keep all the pamphlets filled up on the rack. And if a nurse or doctor needs my help, I'll do whatever they ask. I guess you can say I'm a floater.

Q: Why do you continue to volunteer each year?

A: I do it for the veterans and because I'm physically fit. They need the help. When they see me opening up the door each morning and see that I'm a veteran, they know they've got someone to talk to if they need it. I have the time to do this. These veterans need our help, and they deserve it for protecting our nation.

Q: How much longer do you see yourself volunteering? A: Until I can't do it anymore.

- Steve Brooks



fter nine long years, in 1783
American patriots defeated
the British soldiers of King
George III and won our
independence from
England. Soon fireworks
lit the night sky above
town squares and "Yankee
Doodle" was sung in the
streets. Freedom reigned
for a new nation—the
United States of America.

Most likely, the victorious Americans bought their flags, fireworks and libations with the most desired currency of the day, Spanish colonial silver dollars of considerable heft and quality. Now, thanks to a recent discovery, you can own that very coin—the Silver Dollar of the American Revolution!

CONGRESS CHOSE THIS SILVER DOLLAR AS OUR FIRST LEGAL TENDER

George Washington, Thomas Jefferson and Ben Franklin recognized that the Spanish Silver Dollar was the most desired coin in colonial America. Jefferson recommended the Continental Congress adopt it as our nation's first monetary standard of value. The Congress agreed, and the rest is history...tangible history that you can now own at an amazingly affordable price.

America's History in the Palm of Your Hand

Imagine the kind of historic significance this coin represents. A typical craftsman during the Revolutionary War-era earned about ten of these Silver Dollars in a month, using them in the shops, markets and taverns. Imagine the huge spending power of these coins compared to today's paper money!

LOST TREASURE OF MASSIVE SILVER DOLLARS

Each of these heavy silver dollars weighs over 416 grains of .903 fine silver. With the price of silver recently soaring past \$20 per ounce, the silver value alone is an important consideration. Each of these Silver Dollars was recovered from a colonial-era galleon lost off the American coast, which adds luster to its value as a collector's item.

Authentic items from the time of the Revolutionary War are rarely found or can be seen only in museums. Over the last 225 years most of these silver dollars have been lost or melted down for their precious silver. So what would you expect to pay for an authentic silver dollar from that time? These coins currently sell elsewhere for as high as \$295. But because of this historic discovery, for a limited time you can own the coin of our Founding Fathers, the Silver Dollar of the American Revolution for just \$49!

Don't Miss Out-Call to Reserve Yours Now

You will receive your coin mounted in a handsome full color panel and housed in a protective acrylic case. The panel describes the fascinating story of this classic American Silver Dollar, together with a Certificate of Authenticity.

Give the Silver Dollar of the American Revolution to family and friends and save!

Single coins are only \$49 *plus s/h*Pack of five is only \$220 *plus s/h* **SAVE \$25!**Pack of ten is only \$425 *plus s/h* **SAVE \$65!**

CALL 24 HOURS A DAY: 1-888-201-7138. Our helpful staff is ready to help you.

RISK FREE MONEY-BACK GUARANTEE

Own your Silver Dollar of the American Revolution for a full month Risk Free. You must be 100% satisfied, or return it via insured mail within 30 days of receipt for a prompt refund less shipping and handling.

Toll-Free 24 hours a day 1-888-201-7138

Please mention this code when you call.

V/SA MasterCaro DICCUER

We can also accept your check by phone. To order by mail call for details.



14101 Southcross Drive W., Dept. FRL172 Burnsville, Minnesota 55337

www.GovMint.com

Note: GovMint.com is a private distributor of government and private coin and medallic issues and is not affiliated with the United States Government. Prices subject to change without notice. Past performance is not an indicator of future performance.

[EDUCATION]

Chapter 31 benefits for vets with PTSD

Q: Will latent PTSD qualify me for the Vocational Rehabilitation and **Employment program?**

A: A veteran recently came to my office and was extremely agitated. As the



tears flowed, he described how his life had become difficult. He could not sleep. He had become so paranoid, he set up cameras around his house in case of a break-in. Shopping trips took hours because he felt he had to frequently check to see if his car was stolen. His wife and three children had left him. His college studies were suffering because he could not concentrate in class. I asked if he had applied for Vocational Rehabilitation (Chapter 31) benefits. He did not understand why he should apply because he was not injured in Iraq.

A service-connected PTSD diagnosis, even years after a trauma, can make a veteran eligible for VA's Vocational Rehabilitation and Employment benefits. which help veterans with disabilities make the transition from military service to successful rehabilitation, and on to suitable employment or education.

American Legion service officers can help a veteran who thinks he or she has service-connected PTSD. The percentage of disability rating will determine the monthly rate of your allowance.

Valerie Vigil, a Marine Corps veteran and member of American Legion Post 27 in Arizona, serves as vice president of the National Association of Veterans Affairs. GI Bill questions can be directed to her by e-mail. askvalerie@legion.org



Protect your rights by calling the law firm that has achieved over \$1 BILLION in verdicts and settlements for clients all across the USA.



180 Maiden Lane • New York, NY 10038 1.888.411.LAWS · www.weitzlux.com The statute of limitations of your respective state will help determine your ability to file a claim. Future verdicts or settlements cannot be predicted

from prior results.

We may associate with local firms in states wherein we do not maintain an office.

TRAVEL BENEFITS. . .

Good Reasons to Join and Stav with The **American Legion**

Reserve your room today at one of these fine hotels:

























1-877-670-7088

Car Rentals





1-800-CAR RENT®

1-800-455-2848





1-800-225-7094 1 800 GO ALAMO



Vacations



1-877-772-2322

RELIEVE PAIN...REGAIN MOBILITY! THERAPEUTIC WRIST SUPPORTS was \$997 Now \$ 797 when buying 2 or more COMPLETELY **Great For: A**DJUSTABLE Arthritis FOR A Strains PERFECT FIT Tendinitis Carpal Tunnel **Syndrome** 60918 © 2009 Dream Products, Inc MAGNETIC THERAPY **Powerful Magnet Emits Deep** Stabilizes Thumb & Wrist **Penetrating Therapy** • Helps Relieve Stiffness & Swelling PAINFUL TASKS **OPENING JARS** WRITING **DRIVING** www.DreamProductsCatalog.com (website offers or TOLL-FREE 1-800-530-2689)

PUT THE POWER OF MAGNETIC THERAPY TO WORK FOR YOU! Slip on these amazing Therapeutic

Slip on these amazing Therapeutic Wrist Supports and feel the magnetic forces go to work reducing swelling, pain & discomfort. Soothe tense aching muscles & increase mobility. Magical magnetic power is embedded in each wrist support to wrap you in its miraculous healing powers. One size fits left or right hand. Fashion import of neoprene/nylon & magnets. Hurry, order today and get FREE shipping & handling when buying 2 or more.

Satisfaction Guaranteed or Return For Your Money Back

| THERAI | PEUTI | C | WRIST SUPPORTS Dept. 60918 |
|---|-------|----------|--|
| (97378) (Ladies') Therapeutic Wrist Supports(s) (97379) (Men's) Therapeutic Wrist Supports(s) | | | ☐ Check or money order payable to: Dream Products, Inc. Charge my: ☐ VISA ☐ MasterCard ☐ Discover®/NOVUS SM Cards Card# |
| CA residents must add 7.25% sales tax Add \$3.95 Shipping & Handling 1st Item | | | Name |
| FREE Shipping & Handling when buying 2 or more Please Print Clearly | | 3 | Address |
| Ĺ | TOTAL | inc | City ST Zip |

[WAR ON TERROR]

No easy answers on 'Gitmo'

President Barack Obama has ordered the closure of the detention facility at Guantanamo Bay. But what will become of its residents, some of whom happen to be sworn enemies of the United States?

A presidential task force is trying to answer that question; it has less than a year to come up with a plan.

An estimated 245 detainees are at Gitmo today. As Reuters reported, the Pentagon said that 110 of them "should never be released because of the potential danger they pose to U.S. interests."

About 800 enemy combatants have been cycled through Gitmo since 2002. Of the hundreds released, 61 have returned to their global jihad, according to the Pentagon -and that's just the known cases.

In any event, Obama is making good on his promise. As CNN reported, to do so, he may transfer some inmates to their home countries or to willing allies, choose to prosecute some inmates in federal courts, and/ or create a new "national security court."

One major problem with sending detainees back to their home countries is that some dispute the nationality of detainees, and some would mistreat or summarily execute them. As to getting help from allied countries, the European Parliament has passed a measure calling on EU members to accept inmates from the facility. But individual European countries aren't exactly jumping at the chance to open their borders to Gitmo's worst, increasing the odds that some will end up here. *The New* York Times reported that Pentagon officials have quietly inspected "several military bases in the United States that could potentially replace the detention center at Guantanamo Bay." Among the possibilities are Fort Leavenworth, Kan., and Camp Pendleton, Calif.

Sen. James Inhofe, R-Okla., has introduced legislation that would prevent Gitmo detainees from being transferred anywhere on U.S. soil. He argues that his constituents "will not feel safe with some of the most dangerous terrorists in the world - men who would kill thousands for an extremist ideology - on our soil."

Indeed, the risks of closing down Gitmo (terrorists set free by foreign governments, U.S. prison populations radicalized by jihadist inmates, and stateside cities and towns endangered by the enemy) seem greater than the rewards, which include better relations with Europe, a clearer national conscience and, in Obama's words, a return to the "moral high

In short, none of the alternatives are good or easily implemented, which may explain why the Bush administration chose the path it did. Holding accused terrorists in the legal limbo of Gitmo was not ideal, but it kept the enemy off the battlefield and away from America's shores.

- Alan W. Dowd

[WAR ON TERROR]

Fires of war

A terrorist group is calling on its followers to launch a "forest jihad" by setting forest fires around the world. Leaders of the al-Ikhlas Islamic Network believe that fires would create a new "level of fear that would take hold of people in the United States, in Europe, in Russia and in Australia."



[ACTIVE DUTY]

Troops and 'Transformers'

Anyone interested in seeing our military in action can do so from the safety of a movie theater, when "Transformers: Revenge of the Fallen" opens June 24.

"As far as I know, this is the biggest joint military operation movie ever made, in terms of Army, Navy, Air Force and Marines," Lt. Col. Gregory Bishop, the film's Army liaison, told USA Today.

According to the newspaper, military assets used in "Transformers" include two A-10s, six F-16s, 10 Humvees, two M-1 Abrams tanks, two M-2 Bradley fighting vehicles and two armored personnel carriers.

The Pentagon also granted broad access to the Army's New Mexico missile range and allowed filmmakers to capture footage of jets flying out of Holloman Air Force Base, and off the aircraft carrier USS John C. Stennis. In addition, real Marines are featured in the film's battle sequences.

Working with Hollywood not only allows the Pentagon to showcase its personnel and equipment; it also helps the troops, according to Lt. Col. Francisco Hamm, Air Force liaison for the film.

"The morale level goes through the roof," Hamm told USA Today. "There's nothing like an airman taking his family out to 'Transformers,' and watching the kids see something their father or mother does on the big screen."

Introducing the world's simplest cell phone experience – with service as low as \$10 a month.*

It doesn't play games, take pictures, NEW or give you the weather. Free Gift See below

The Jitterbug® developed with Samsung® It's the cell phone that's changing all the rules.

For people like me, who want a cell phone that's easy to use. Over the years, cell phones have become smaller and smaller with so many complicated features. They are harder to program and harder to use. But the Jitterbug cell phone has simplified everything, so it's not only easy to use, it's easy to try. No crowded malls, no waiting in line, no confusing sales people, or complicated plans. Affordable and convenient cell phone service is only a toll-free phone call away.

Questions about Jitterbug?

Try our pre-recorded Jitterbug Toll-Free Hotline I -888-809-8817.

The new Jitterbug cell phone makes calling simple!

- Large, bright, easy to see display and buttons
- Comes pre-programmed and ready to use right out of the box
- No contract required
- An operator is always available to help you, and will call you by name
- Push "Yes" to call directly from your personal phone list
- Soft ear cushion and louder volume for better sound quality
- Separate Volume Up/Down button on cover of phone
- Hearing aid compatible
- Familiar dial tone confirms service (no other cell phone has this)
- Service as low as \$10 a month*
- Access help wherever you go

Why pay for minutes you'll never use!

| | Simple 30 Plan [†] | Simple 60 Plan [†] |
|-----------------------------------|-----------------------------|-----------------------------|
| Monthly Price | \$15 | \$20 |
| Included Minutes/Month | 30 | 60 |
| Operator Assistance | 24/7 | 24/7 |
| 911 Access | FREE | FREE |
| Long Distance Calls | No add'l charge | No add'l charge |
| Nationwide Coverage ^{††} | Yes | Yes |
| Trial Period | 30 days | 30 days |

Order now and receive a free Car Charger. A \$24 value!

Service as low as \$10 a month and a friendly 30-day return policy.** If you've ever wanted the security and convenience of a cell phone, but never wanted the fancy features and minutes you don't need... Jitterbug is for you. Like me, you'll soon be telling your friends about Jitterbug. Call now.



brought to you by



Jitterbug Cell Phone Item# BU-4722 Call now for our lowest price. Please mention promotional code 37953.

I-877-553-8032

7335



A stained-glass window depicting the Four Chaplains graces the Army War College Chapel in Carlisle Barracks, Pa. us. Army [HISTORY]

Ceremony honors Four Chaplains

Larry Vollink, national chaplain of The American Legion, is a retired Army chaplain. That inspires his special respect for the story of the Four Chaplains of the *Dorchester*, a U.S. Army transport ship that sank during World War II.

On Feb. 3, 1943, a German submarine torpedoed the *Dorchester*, carrying 902 people, off the coast of Greenland. The ship sank within 30 minutes, taking 672 men to their deaths. Among the casualties were four Army chaplains who gave up their life vests and stayed behind to comfort and calm those who could not be saved. Arm in arm, they joined in prayer as the ship disappeared into frigid waters.

The chaplains, each one a lieutenant, were George L. Fox, Methodist; Alexander D. Goode, Jewish; John P. Washington, Roman Catholic; and Clark V. Poling, Dutch Reformed. All were awarded posthumously the Distinguished Service Cross and Purple Heart on Dec. 19, 1944.

The Four Chaplains were remembered in a special service conducted Feb. 7 by American Legion Post 208 and VFW Post 9854 in Vinton, La. Vollink was guest speaker.

Veterans from the posts were joined by civic leaders, state and national leaders of the VFW and American Legion, about 150 local residents, and members from virtually every local veterans service organization.

Vollink talked about how the lessons of the Four Chaplains remain relevant today, citing selfless acts of courage shown by men and women in uniform every day around the world.

Referring to the partnership between Legion and VFW members who conducted the ceremony, Vollink said, "They really want to remember the troops who are serving today. They really want to work together as veterans to do things in the community. The Four Chaplains Service gives them an opportunity to do those sorts of things."

[CAREERS]

Recession-proof your résumé

1. Sell your success. Résumé writing is just like sales. You're the product, and the résumé is the sales piece that you'll use to merchandise your skills



and achievements. As we all know, past behavior is an indication of how one may perform in the future, so be sure to showcase your

achievements so that prospective employers can read how well you'll perform for them.

2. Be a specialist, not a generalist.

You may think a generalized résumé would attract lots of opportunities, but companies want to hire individuals with specific expertise. If the job posting is for a budget analyst, make sure your résumé screams, "Budget analysis!" A prospective employer won't dig deep into your résumé to find that information.

- **3. Write to the future.** When writing your résumé, write to your objective, showcasing your skills, qualifications, training and achievements related to your current goals. Identify the skills you have that are most relevant to your goals, then emphasize them.
- **4. Brand yourself for competitive distinction.** What can you do to distinguish yourself from the crowd? The answer: a branding statement that highlights your unique value proposition, the one thing that you do better than anything else. If you're an IT manager, the headline and branding statement at the top of your résumé might read:

INFORMATION TECHNOLOGY MANAGER

Developing new technologies that consistently outperform competition

Wendy Enelow is co-author of "Expert Résumés for Military-to-Civilian Transitions" and "Executive Résumé Toolkit." www.wendyenelow.com Sebastianelli known for intensity

"Tenacious" and "persistent" are words used by his friends to describe Dr. Almo J. Sebastianelli, a man who dedicated 63 years of his life to service in The American Legion.

Sebastianelli, 93, passed away in Jessup, Pa., Feb. 25. A past national vice commander and former National Executive Committeeman, he's remembered for not backing down from an issue until he had everyone on his side.

"He was very intense in the way he stayed with a position until he got a victory out of it," said Past National Commander John H. Geiger, a long-time friend of Sebastianelli. "He used that intensity to serve the interests of veterans, the nation and the flag."

Sebastianelli, who practiced dentistry for 60 years, served in the Army Air Forces in World War II and later in the Air Force. He was a member of Michael Steiner Post 411 in Jessup.

[ECONOMICS]

Billionaire blues

If you think the past 12 months have been hard on your bottom line, imagine what it feels like to lose \$32 billion. That's what India's Anil Ambani – a communications and banking magnate – lost in 2008. He was the biggest loser among the world's billionaires, according to Forbes.

In fact, 373 people fell from the *Forbes* billionaire list, which included 1,125 men and women in 2008.

Bill Gates lost \$18 billion, Warren Buffett lost \$25 billion and Mexico's Carlos Slim Helu lost \$25 billion. Yet Gates reclaimed the top spot on the list of billionaires as the world's richest man.

All told, 110 Americans, 55 Russians and 29 Indians lost their billionaire status, according to *Forbes*.

The average net worth of the world's billionaires "fell 23 percent to \$3 billion." Of course, losing a billion – or two or 32 – is a lot easier to take when you have a billion in the bank.

Sebastianelli served as Alternate National Executive Committeeman from 1968 to 1972 and as NECman for Pennsylvania from 1974 to 1980. He was elected national vice commander for 1980-1981. He also had strong ties to the National Convention Commission, serving in some capacity from 1969 to 1979 and again from 1999 until his death. For 25 years, Sebastianelli served as chairman of the Parade of Champions drum and bugle competition in Pennsylvania's 11th District. Past National Commander Jake Comer said the event was one of Sebastianelli's passions. Sebastianelli is survived by his daughter, Paula. Condolences may be sent to her at 214 Riverside Drive, Evnon, PA 18403.



How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our Web site, www.legion.org/veterans/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. Due to the large number of reunions, The American Legion Magazine

will publish a group's listing only once a year. Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. We do not publish listings that seek people for interviews, research purposes, military pho-tos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to *The American Legion* Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280 or

e-mail **reunions@legion.org.**The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid-Up-For-Life membership. Notices must be submitted on official forms, which may be obtained by sending a selfaddressed stamped envelope to The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206. Include the listing's CID number in your response

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE/ARMY AIR FORCES

8th Air Depot 2 (Warton, England, WWII). Omaha, NE, 9/10-12, Mick Wickham, (402) 727-5283, mickw315@gmail.com; 42nd Bomb Wing, 17th, 319th & 320th Bomb Grp (WWII) & 17th 452nd Bomb Wing (Korea), San Antonio, 9/24-26, Alex Brast, (941) 639-8616, adbrast@embargmail.com: 43rd Bomb Grp. 63rd, 64th, 65th & 403rd Sqdn, San Antonio, 9/23-26, Max Axelsen, (210) 681-4581; 47th Bomb Wing Assn (B-45/B-66, All Units), Ogden, UT, 9/30-10/4, Charlie Palmer, (907) 332-0296, crpalmer@gci.net; 67th Doolittle Raiders, Columbia, SC, 4/16-18, Anna Amick, (803) 772-2945, celebratefreedom@earthlink. net; 68th FIS 46-01, Austin, TX, 11/12-15, James R. Johnson, (320) 857-2480, jjohn@hutchtel.net; 433rd FIS "Satan's Angels," Dallas, 10/8-11, Steve Bush, (847) 647-7048, stevbar@aol. com; 526th FIS TFS, Omaha, NE, 10/8-11, Don Wenzlick, (402) 291-0565, dwenzlick@vahoo. com; 692nd Radar Sqdn, Baudette, MN, 7/3-5, Alan "Flip" Phillippe, (218) 634-2445, fishinflip56@ aol.com; 799th AC&W, Springfield, TN, 9/17-20, Jerry Swanson, (805) 544-0909, jls4-1@juno.com; 6918th Sec Sqdn (Hakata, Japan), St. Louis, 9/27-30, Bill Mink, (732) 608-6860, wmink10134@ aol.com; 6994th Sec Sqdn Det 1, 2 & 3, Nashville, TN, 10/15-18, Rich Krejsa, (615) 791-9012, rkrejsa@ bellsouth.net; Berlin Airlift Assn, Dayton, OH, 9/29-10/2, J.W. Studak, (512) 452-0903; Night FS (WWII), St. Joseph/Benton Harbor, MI, 6/17-21, Richard H. Ziebart, (269) 429-0208, rich 417th@ ameritech.net; Pilot Class 49C, Branson, MO, 9/29-10/2, Milton A. Arneson, (218) 233-2427, armilar70@aol.com; River Rats/Nam POWs, San Diego, 4/15-19, Goldie, (702) 595-8553, goldie555@satx.rr.com

ARMY

1st Armd Div Assn (All Eras), El Paso, TX, 8/16-23. Joe Sachen. (310) 645-1334. docsachen@ sbcglobal.net; 1st Eng Cbt Bn 1st Inf Div, Myrtle Beach SC, 9/13-16, Bob Brink, (262) 639-4405, rbrink1@wi.rr.com: 1st Inf Div A Btrv 6th Bn 15th Arty (Vietnam, 1967-1968), TBD, Lyle Borkowski, (712) 653-3249, imbork@iowatelecom.net: 1st Inf Div 2nd Bn 32nd Arty Rgt (All Eras), Chicago, 5/14-16, Ralph Jones, (937) 289-3482, rjones2u@ aol.com; 3rd Bde 82nd Abn Div (Vietnam), Indianapolis, 8/19-23, Richard O'Hare, (804) 598-4805, gbc82abnvn@aol.com; 3rd Bn 197th FA, Somersworth, NH, 9/18-20, Jonh Barvenik, (978) 423-5446, vietnam3bn197fa@aol.com

3rd Surgical Hosp, Sioux Falls, SD, Oct, Grace Simmons Dwyer, (605) 539-9235, gadwyer@ venturecomm.net; 4th & 25th MRU Mobile Cbt (Korea), Myrtle Beach, SC, 5/17-21, Walt Hadley, (239) 218-4106, whamcat1@aol.com; 6th Cav Assn, East Ridge, TN, 6/12-13, Gary West, (405) 692-3462, gwest73044@yahoo.com; 7th Bn 8th Arty Assn, Fort Hood, TX, 10/15-18, John Osborne, (151) 271-5839, shadeosborne@aol. com: 14th Cbt Eng Bn. Nashville, TN, 9/10-13. Roger Heaton, (520) 404-8183, rogerheaton1042@ hotmail.com; 17th Armd Eng Bn, Gettysburg, PA, 9/23-26, John Shields, (724) 287-4301; **32nd** Red Arrow Vet Assn, Appleton, WI, 9/25-27, Neil R. Sorenson, (414) 541-1349, nrsorenson@ milwpc.com; 33rd Inf Rgt Cbt Team (Panama), Columbus, GA, 9/27-10/1, Frank Ryan, (516) 541-3891, dolphindriver98@yahoo.com; 34th Inf Div Assn, Carlisle, PA, 7/15-19, Russ Bierl, (515) 252-4531, russell.bierl@iowa.gov

40th Inf Div, 223rd Inf Rgt (Korea), Dearborn, MI, 8/26-30, Robert Snyder, (248) 356-7657; **52nd** Sig Bn (Vietnam), Corydon, IN, 6/25-28, Stu Boaz, (812) 472-3941, oldman@blueriver.net; 78th Inf Div, Pittsburgh, 6/13-15, Herman Gonzales, (412) 364-1609, red78div1@verizon.net; 86th Blackhawk Inf Div, San Luis Obispo, CA, 9/14-16, Paul E. Lowe, (219) 465-1379, glowe7@yahoo. com; 96th Inf Div Deadeye Assn, Branson, MO, 7/24-26, Mary Eleanor Smith, (803) 278-2109, mewsmith@yahoo.com; 174th MP Bn (Korea), Wisconsin Rapids, WI, 9/9-11, B. Lyle Jacobson, (715) 423-7996, deadeye@wctc.net; 233rd S/L Bn, Toledo, OH, 9/8-10, Chalres Koch, (419) 309-0808, kleaton@sbcglobal.net; 238th Eng Cbt Bn Assn, Concord, NC, 7/16-19, James F. Druck, (717) 755-4345, jim-druck@verizon.net; 304th Sig Opns Bn (All Yrs), Nashville, TN, 9/21-23, Dick Keys, (410) 661-0598, dickkeys@yahoo.com; 363rd Trans Co, Branson, MO, 8/21-23, Noel Labonte, (928) 897-1573, trans363@yahoo.com

404th MP Co, Bee Springs, KY, 9/11-13, Jim Greenwell, (419) 268-2030, jgreenwell@woh. rr.com; 503rd Para RCT Assn (WWII), Phoenix, 9/15-20, Nelson Gatewood, (870) 856-2216; 517th Para Inf Rgt Cbt Team, 460th Para Field Arty Bn & 596th Para Cbt Eng Co, Salt Lake City, 7/9-13, Lory Curtis, (801) 569-8481; 555th Field Arty Bn (Korea, 1952-1953), Harry Gray, (434) 385-9483, hlacgray@yahoo.com; 585th Eng Co (Vietnam), Las Vegas, 10/5-9, Tom Garney, (480) 982-7114, dino585@msn.com; 586th Ord Co, Peoria, IL, 10/2-3, Fred Jones, (309) 668-2405, briteline2@aol.com; 592nd Trans "Desert Rats" (Cam Rahn Bay, Vietnam, 1967-1968), Branson, MO, 9/12-19, Marvin Triggs Jr., (315) 474-0553, mtriggsjr@aol.com; 614th Cbt Eng Det, Miami, 11/18, Daniel Mitchell, (954) 442-8930, danielmitch @bellsouth.net; Air Corp Pilot Classes (1944), Tucson, AZ, 9/10-13, Stan Yost, (239) 466-1473

ASA (Korea), Buffalo, NY, 10/1-4, Paul Bellet, (716) 825-8662, webmaster@asakorea.org; **B Co** 503rd MP Bn (1943-1945), Mystic, CT, 9/20-23, Peter Joseph, (207) 872-2225; Delta Birddog (0-1) Recon Airplane Co 199th, 221st Recon Airplane Co, Fort Walton Beach, FL, 10/14-19, Jim McGraw, (254) 694-8811, golf4mcg@valornet. com; E4 4th Class, Winchester, KY, A.B. Cash, (859) 595-6846, friendgirl172003@yahoo.com; Fort Reno (All Trps), Fort Reno, OK, 6/6-7, Erma Jean Higgins, (405) 732-1520, hhiggins@cox. net; Fraternal Mil Assn, Normandy, Aug, Sy Canton, (561) 865-8495; Nike Ord 162nd Ord Det GMDS & HHB/ DSP 5th Msl Bn 6th Air Def Arty (APO 09034, Hoppstaedten, Germany, All Yrs), Gatlinburg, TN, 10/19-21, Richard Vince Vincell, (913) 782-1939, rvincesr@sbcglobal.net: OV-1 Mohawk Assn, Nashville, TN, 9/23-27, Chris Walker, (660) 885-5877, reuniondirector@ ov-1mohawk.org; Support Co 508th ARCT (1951-1958), Clarksville, TN, 9/24-27, James A. Strickland, (704) 932-0973, jstrickland002@ carolina.rr.com; The Brotherhood of Dak to Defenders 299th Cbt Eng (Vietnam), Washington, 7/23-25, Jay Gearhart, (231) 822-3471

COAST GUARD

Alaska/Bering Sea Patrol, San Diego, 9/13-17, Randy Fitschen, (830) 438-3829, ranjean@ gvtc.com; Courier & Kukiu, New London, CT, 10/18-23, Gil Riggs, (505) 287-3338; **Melon** WHEC 717 (1972-1974), Tom Collins, (651) 308-2775, teeceerocks@aol.com; Sherman WHEC 720, Plymouth, MA, 9/10-13, Richard Ames, (410) 760-6123, vze23xke@verizon.net

JOINT

American Merchant Mar Vet, Tampa, FL, 5/14-18, Morris Harvey, (352) 564-0267; Amph Forces Vets Assn "Nava-Gators," San Antonio, 10/11-16, Don Wright, (513) 481-8317, apa227donw@cs.com; Assn of Ret Enlisted Veterinary Personnel, San Antonio, 10/4-7, Darrell A. McCauley, (248) 614-0155, macnan2@ sbcglobal.net; Brevard (Vietnam), Melbourne, FL, 4/23-26, Ralph Earusso, (321) 427-2843, daydrmr333@aol.com

MARINES

4th Mar Div (WWII), Reno, NV, 9/8-13, Dale J. Cook Sr., (925) 516-0575, thedale@pacbell.net; 5th, 11th & 14th Def Bn (WWII), Quantico, VA, 8/26-29, Jimmie Remley, (540) 380-3193, jimbetrem2@comcast.net; AB Sqdn 43 & 49, Willow Grove, PA, 9/19, J.C. McGarigle Jr., (609) 291-9617, col_of_mar_ret@comcast.net; Alpha & Bravo, Force Log Supply Grps, Force Log Cmd 1st & 3rd Force Serv Rgt, San Diego, 9/10-13, John Ebenger, sandiegoreunion@gmail.com

Alpha Co 1st Bn 7th Mar Rgt 1st Mar Div,
Chesterfield, MO, 6/4-7, Kenneth P. Hale, (314)
892-5537, halekp@aol.com; Golf 2/7, St. Louis,
7/16-19, Ron Myers, (916) 723-7324, rlmyers5@
comcast.net; Kilo Co 3rd Bn 7th Mar Rgt
(Vietnam), Colorado Springs, CO, 8/20-24, Harry
Smith, (870) 247-1146, smitty@kilo37.com; Mike
Btry 4th Bn 12th Mar & 3rd 155 mm Howitzer
Btry 3rd Mar Div FMF, San Diego, 9/9-14, Al
Cruz, (925) 939-9371; Plt 1066, Branson, MO,
6/11-14, Karen Steele, (800) 542-6768, karen@
bransongrayline.com; VMA(AW) 533 (Chu Lai,
Vietnam), Washington, 6/4-7, Andy Heffner,
(240) 538-2214, top_dawg6586@hotmail.com

NAVY

7th Seabees, Rosemont, IL, 9/10-13, Al Nachman, (312) 810-2566, alan.nac@att.net; 9th Seabees, Las Vegas, 10/8-11, Bobby Fletcher, (702) 897-6613, ichibanseabee@aol.com; 62nd Seabees, Moline, IL, 9/10-13, Joe Johansen, (303) 949-3944; 3115 Cub 10, Cambridge, OH, 6/24-26, Mary Smith, (740) 685-8080; A.T. Harris **DE 447,** Newport, RI, 9/27-30, Charles Cook, (918) 749-8434, cjcook13@aol.com; Abnaki ATF 96, Renton, WA, 9/2-5, Dusty Rhodes, (425) 413-8888, gwen-van-rhodes@comcast. net; AE/AOE Sailors Assn, Norfolk, VA, 9/16-20, Jerry King, (626) 339-9793, dd694@verizon.net; Agerholm DD 826, Myrtle Beach SC, Sept, Art Hroncich, (518) 373-8363; Air Antisubmarine Sqdn VS-32, Jacksonville, FL, July, Michael Broome, (404) 519-1129, broome_65@hotmail. com; *Ajax*, San Antonio, 6/14-18, Thomas Judge, (210) 481-3699, tjudge7673@sbcglobal.net; Alhena AK 26/AKA-9, Fredricksburg, TX, 9/20-24, Clyde Meyers, (225) 664-4786, clydemeyers@ yahoo.com

American Amph Force Assn, Washington, 9/17-20, John Schlagel, (610) 529-1175, john@ Ist1175.com; *Angler* SS 240, Branson, MO, 10/4-8, Brian Meagher, (423) 517-0981, ussanglerbrian@ cox.net; Anzio CVE 57/Coral Sea CVE 57 (Crew & **Sqdns),** Branson, MO, 9/23-27, Ralph West, (281) 347-1384; Askari ARL 30, Indianapolis, 9/2-6, Lee Daley, (407) 275-0314, leethebaker@gmail.com; Bainbridge Tng Ctr Assn (All Eras), Norfolk, VA, 10/1-4, Walter Alexander, (540) 345-5826, de585@ cox.net; Beachmaster Unit 2, Gettysburg, PA, 9/9-13, Mike Palm, (717) 248-2280, mpalm50@ verizon.net; Biloxi CL 80 Assn, Biloxi, MS, 5/15-17, Dave Smoot, (757) 436-3554; Bream SSK/AGSS 243, San Diego, 9/10-12, Charlie Barber, (907) 486-8862, ussbream@yahoo.com; Claude V. Ricketts/ Biddle DDG 5, Jacksonville, FL, 4/30-5/3, Carl Slack, (603) 986-4661, slack_39@yahoo.com Colonial LSD 18, Fort Mitchell, KY, 9/16-19, Loren Kerby, (816) 858-3158, kerbyplatte@aol.com; Comm Stn (Londonderry, Northern Ireland, 1941-1977), Charleston, SC, 9/17-20, Dennis Kolodziej, (734) 753-5790, ford427@peoplepc. com: Curtiss AV 4, St. Paul, MN, 9/9-12, Bruce Snider, (956) 423-3314, bruceusscurtissav4@rgv. rr.com; Drew APA 162, Kalamazoo, MI, 9/29-10/2, Harry L. Anderson, (847) 255-7602, loha2103@ sbcglobal.net; *Enterprise* CV 6, Salt Lake City, 9/24-27, Bill Hay, (815) 732-2069; Fairview E/ PCE/R 850, Burlington, VT, 9/10-12, Frank Jones, (800) 377-6834, fjones@main.rr.com; Firedrake EA 14, Jacksonville, FL, 11/6-8, Dick Tracy, (610) 944-9675, dtracy@ptd.net; Fletcher DD 445/ DDE 992, Rapid City, SD, 9/13-16, Melvyn Gentry, (309) 346-0641, gentry44@grics.net; Fred T. Berry DD/DDE 858, S. Portland, ME, 9/24-27, John Titsworth, (203) 531-6618, skiptonit@ aol.com; Grand Canyon AD/AR 28, Jacksonville, FL, 10/22-26, Robert T. Dunn, (317) 881-8866,

roberttdunn4217@sbcglobal.net; Grant County LST 1174, Cape Canaveral, FL, 10/16-19, Bill Richardson, (252) 521-3909, wrichardson4@ suddenlink.net; Guam LPH 9, Hampton, VA, 9/16-20, Robert G. McAnally, (757) 723-0317, yujack@megalink.net; Guam LPH-9, Kissimmee, FL, 8/31-9/5, Frank Walker, (816) 238-4894, mushball1@yahoo.com; Guantanamo Bay (All Yrs), Gettysburg, PA, 10/4-8, John Kellett, (717) 266-1102, johnkwolves@yahoo.com; Harris APA 2, Fairborn, OH, 9/17-20, Mike Stafford, mikestafford@staffcoinc.com; Hermitage LSD 34, Norfolk, VA, 6/4-7, C.J. Dehart, dehartcj@ iowatelecom.net; Hosp Corpsman, San Diego, 9/23-27, Joe Pifer, (619) 464-5445, joenpj@ cox.net; Houston CL 81, Long Beach, CA, 9/16-20, Joe Szabo, (562) 866-8690, dlr7110@yahoo. com; Independence CV/CVA-62, Oklahoma City, 10/14-18, Patrick Little, (850) 936-4668, plittle4668@mchsi.com; Intrepid CV/CVS 11, New York, 8/14-16, Peter Giambalvo, (800) 343-2811; Iowa BB 61, Albuquerque, NM, 8/12-16, Bill Humienny, (718) 745-4502, billh45071@aol.com; Iowa Vets Assn, Albuquerque, NM, 8/12-16, Bill Humienny, (718) 745-4502, billhbb61@aol.com; Iwo Jima LPH 2/LHD 7, Tucson, AZ, 9/16-20, Robert McAnally, (757) 723-0317, vuiack@megalink.net John Land AP 167 (WWII), Jefferson, IN, 9/16-20, Delores Mertl, (812) 283-5077, delores@ littlefeatherleather.com; Julius A. Furer DEG/ FFG 6, Miami, 11/2-7, Paul Croteau, (603) 352-1789, pcroteau@verizon.net; Juneau CLAA 119, Reno, NV. 9/1-3. Edwin Cox. (843) 537-5848. edwincox@ bellsouth.net; Kankakee AO 39, Burlingame, CA, 9/3-6, Steve Metzler, (828) 349-9495, chopper1145@aol.com; Lattimer APA 152 (WWII, Korea, Cold War), Lancaster, PA, 10/5-8, George Dolnack, (717) 442-8076, gdolnack@comcast.net



SWITCH & SAVE!

To Order Call Toll Free: **1.866.215.1069**

Or Visit Us Online At: www.ordersmokesdirect.com

PREMIUM BRANDS



Marlboro \$42.99 Carton



Newport \$46.49_{Carton}

MOST POPULAR



\$22.99 Carton



King Mountain \$23.99 Carton

Carton TESTS Carto

\$10.00 Off

Your First Order
3 carton minimum

Use Code: AML - 519 Expires 8/31/09

PRICES SUBJECT TO CHANGE WITHOUT NOTICE. NOT ALL BRANDS AVAILABLE IN ALL STATES.

INDIAN BLENDS



Skydancer \$21.89_{Carton}



Seneca \$20.99 Carton

SMOKELESS



Discreet

Like to light up but you just can't. Try Discreet Snus. It's smokeless and spit-less. Available in 5 great flavors.

\$4.99 5 PK

\$20.99 10/20 PKS. SURGEON GENERAL'S WARNING: CIGARETTE SMOKE CONTAINS CARBON

Skoal

\$18.99 5 CT

Copenhagen

\$19.99 5 CT

Timberwolf

\$10.99 5 CT Grizzly

\$8.99 5 CT Red Buck

Little Cigars

\$8.99 CARTON
Swisher Sweets

MONOXIDE.

Buyer responsible for all applicable tobacco taxes.



Must be at least 21 years old to order.

USA Gold \$25.99 | Bronco \$22.49 | Infinity \$14.49 | Pall Mall \$36.49 | Liggett Select \$23.99

COMRADES

Leftwich DD 984, Las Vegas, 7/24-26, David Veatch, (281) 648-0786, luckybean16@yahoo. com; Lenawee APA 195, Tucson, AZ, 10/14-18, Mac McCarty, (520) 297-9814, mccartyml@aol.co; Litchfield County LST 901, Indianapolis, 7/9-11, Don Lerche, (309) 530-8710, coale21@verizon. net, Mail Serv Vet Assn, Kansas City, MO, 9/16-19, Mary Ann Froderman, (812) 446-3762, mafmath@ juno.com; Mansfield DD 728, Minneapolis, 9/30-10/4, Mike Backlund, (507) 388-4921, mbacklund@ noramsec.com; Mispillion AO 105, Rapid City, SD, Sept, Steve Dengler, (217) 438-3529, stevedsr@ verizon.net; Mississippi CGN 40 Assn, Linthicum Heights, MD, 6/18-22, Jay Martin, (717) 278-0757, cgn40@comcast.net; Monrovia APA 31, Branson, MO, 9/30-10/4, Ion Tharp, (417) 458-4481; Nantahala AO 60, Valley Forge, PA, 8/27-30, Hank O'Connell, (912) 427-4080, hankoc@bellsouth.net; Nav Weather Serv Assn, Jacksonville, FL, 5/20-24, Bobby Johnson, (904) 777-4443, bciohiax@aol. com; Nav Comm Sta Northern Ireland, Mount Pleasant, SC, 9/17-20, Art Saraphis, (919) 598-8568, artjojo@webtv.net; Navy MSO Assn, Fall River, MA, 10/23-25, Larry Fugh, (407) 292-2934, flafoo@ aol.com; NCS (Londonderry, N. Ireland), Charleston, SC, 9/17 - 9/20, Dennis Kolodziej, (734) 753-5790, ford427@peoplepc.com; New Mexico BB 40, St. Louis, 9/24-27, Vernon Dascher, (636) 949-9413; New Orleans LPH 11, Tucson, AZ, 9/16-20, Robert McAnally, (757) 723-0317, yujack@ megalink.net

NMSOA, Westport, MA, 10/23-25, William Fiegel, (630) 220-2093, btazz45@comcast.net; O'Bannon DD 450/DDE 450/DD 987, Cincinnati, 9/23-26, William Jones, (318) 869-3383, wjones-1@comcast.net; Orion AS 18, Tucson, AZ, 10/13-17, Fil Islas, (520) 622-8038; Osage LSV 3, Saugus LSV 4, Monitor LSV 5 & Montauk LSV 6, Dayton, OH, 9/22-24, George Hasten, (217) 826-2784; Palau CVE-122, Myrtle Beach, SC, 4/26-30, Harry G. Weldy, (410) 658-6043 hweldy@zoominternet.net; Panamint AGC 13, Philadelphia, 9/24-28, Anne Marie MacNamara, (203) 222-7651, annemacnra@snet.net; Park County LST 1077, Indianapolis, 7/9-11, Mike Kempf, (317) 842-1229, m.w.kempf@sbcglobal.net; Pat Bomb Sqdn 26, Portland, ME, 10/4-8, Ken Rauschke, (207) 883-4378, donken58@ aol.com; Philippine Sea CV/CVA/CVS 47, Tucson, AZ, 10/5-10, Chuck Davis, (941) 743-5460, philsea@embarqmail.com; Pickaway APA 222, Jacksonville, FL, 9/30-10/3, Jim Crawford, (706) 965-6371, sailor@catt.com; Piedmont AD 17, Phoenix, 10/7-11, Ruth Geraghty, (201) 339-5155, rwgeraghty@verizon.net; Quincy CA 71 (WWII & Korea), Philadelphia, 10/1-4, Bill Appler, (410) 549-0970; Ranger CV 4, Harrisburg, PA, 9/17-20, Thomas Osmunson, (570) 253-4806, ozofpa@ verizon.net; Rigel AF 58, Cruise, 11/8-15, Tom Burke, (866) 455-8196, tburke@carnival.com; RVAH (All Sqdns), Pensacola, FL, 6/18-21, Alvis Didway, (336) 209-2905, alvdid45@yahoo.com; Samuel B. Roberts DD 823, Jacksonville, FL, 10/5-9, Frank Green, (856) 935-4392, fgreen@ snip.net

Sheldon DD 790, Albuquerque, NM, 9/10-13, Dick Petrowich, (618) 475-3248, rbpetro@ htctech.net; SLCU 36 Boat Pool Baker (WWII), Irving, TX, 9/18-20, Donald Brown, (501) 767-1154; Solace AH 5 (WWII), Bettendorf, IA, 9/9-11, Jim Underwood, (262) 473-5416; Stickell DD 888, Groton, CT, 9/22-24, Ronald A. Nye, (401) 596-1317, ronnye88@hotmail.com; Sutter County LST 1150, Indianapolis, 7/9-11, Mike Williams, (650) 286-0688, soctymike@gmail. com; Tattnall DDG 19, Charleston, SC, 10/19-23, Richard Harmon, (386) 235-8723, dharmonlpga1@ aol.com; Washoe County LST 1165, San Diego, 9/2-6, Dennis Steenbergen, (303) 470-1187, bsteenbergen@msn.com; Wren DD 568, Fort Mitchell, KY, 9/23-27, Jim Ward, (859) 331-4524, jward68@sc.rr.com

VB/VPB 109 Bomb Sqdn, Charleston, SC, 10/15 17, Roy L. Balke, (814) 866-6683; VC-35/ VA(AW)35 (1950-1959), San Diego, 9/28-10-2, Felix Winclker, (760) 746-6046, fandawinckler@ cox.net; VP/VPB 26, Portland, ME, 10/4-8, Ken Rauschke, (207) 883-4378, donken58@ aol.com; VS-26/36, Kissimmee, FL, 10/29-11/1, Paul Messina, (631) 793-3286, ltpdm@msn. com; Waccamaw AO 109, Fort Lauderdale, FL, 4/30-5/3, Sandy Jackson, (318) 222-3828, sanwan4@att.net; Walke DD 723/DD 416, Detroit, 9/9-13, Richard Williamson, (920) 788-4916, rwilliamson@new.rr.com: Wavne APA 54, Dallas, 9/9-13, J. Rodes, (515) 953-0424, ssjjmor@msn.com; West Point Assn, Raleigh, NC, 10/8-11, Margaret Hall, (919) 848-0484; William M. Wood DD 715/DDR 715 Assn, Fort Mitchell, KY, 10/21-25, Ferdinand Bartels, (859) 441-4116, chome@insightbb.com; William V. Pratt DLG 13, Virginia Beach, VA, 8/5-9, Roger Hall, hallr44@yahoo.com; York County LST 1175 AAFA, Washington, 9/17-20, John Schlagel, (610) 529-1175, john@lst1175.com

LIFE MEMBERSHIPS

Post 447, CA: C.W. Biggs Post 36, FL: Larry Sapp

Post 345, MI: Jerrold R. Jakubs

Post 1132, NY: James A. Henke, Edward A. O'Malley Jr.

Post 108, OK: Lehman Gaither, Clayton Harmon

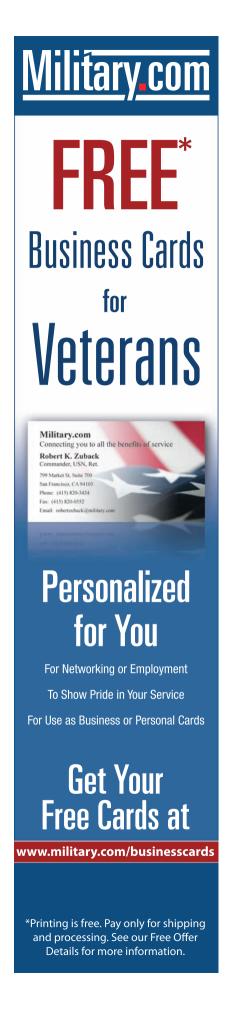
IN SEARCH OF

- 1st Cav B Co 8th Eng (Vietnam, 1968-1969), Michael Dulaney, (209) 581-4748
- 4th Inf Div 124th Sig Bn (Pleiku, Vietnam, 1966-1967), Ciro Coppola, (646) 249-5825
- 5th Mar 3rd Bn H Co (Korea, 1955-1956), 2nd ITR 3rd Bn & 2nd Bn HQ Co (Camp Pendleton, 1956), John F. Forgette, (360) 671-5083
- 12th Port (England/France, WWII), Patrick Riley, (724) 378-1798, legionville1792@yahoo.com
- 14th Ftr Grp (ADC) (Ethan Allen AFB, Winooski, VT) & 14th Material (Matron) Sgdn 4714th AB Sgdn (1959-1960), Harry Jaffe, (718) 464-6013, gonefishin715@aol.com
- 14th Inf Rgt (Iwo Jima, 1945), Gerald Krutsch, (303) 254-6772
- 178th Gen Hosp Army (Reims, France, 1945), Adolph E. Stec, (516) 285-7505, astecman@aol.com
- 550 MP Co (Sand Island Compound, Oahu, HI, 1945-1946), Milo Schieffer, 2612 20 1/2 St., Rice Lake, WI 54868
- 870 Trans 24th Bn 7 Grp (Fort Eustis, VA, 1977-1979), LeRoy Barksdale, (434) 563-6307, mountainboy24680@yahoo.com
- Bomb Sqdn 82 Randolph CV 15 (1945-1947), W.O. Marshall, (478) 474-2848, marshallw16@ cox.net
- Det A 8th Photo Sqdn (Bad Kissingen, Germany, 1946), Bill Payne Smith, (269) 429-4990, bps123@att.net
- F Co "Fightin' Fox," 7th Inf Rgt 3rd Inf Div (Korea, 1953-1954), William Peterson, (423) 768-2329
- HQ & A Co 704th Maint Bn (Pleiku, South Vietnam, 1966-1968), Bob Dall, (845) 342-2160, bobdall@hotmail.com
- HQ & Bn HQ 457 AAA AW Bn (Germany, 1944-1945), Noble C. Bierman, (937) 653-5772 Leary DD/DDR 879, Al Redden, (308) 530-1284, alshar@internet-usa.net
- LSM 226 PO (1944-1946), Herman Prins, (616) 847-8759
- LCT 1072 (South Pacific, WWII), Paul Gattinella, (401) 274-4341

- Mar Corps H&S Co, 81mm Plt, 2nd Bn 5th Mar (Camp Pendleton, CA, Camp Margarita, 1958-1959 & Camp Schaab, Okinawa, 1960), Art Palmieri, (951) 247-1547, artpalmieri99@ verizon.net
- Mike 3/7 1st Plt (Vietnam, 1967-1968). Merlin Rhody, (512) 215-4915
- Mine Sqdn 11 Mine Div 111 (Nav Stn Long Beach, CA, 1969-1971), Bill Greguras, bill.greguras@gmail.com
- Navy Boot Camp Co 49-132 (San Diego, 1949), George Clifford, (618) 987-2169
- Opn Wintershield (Germany, 1999), A. Hinojosa, cocoalmar@yahoo.com
- Plt 621 (Parris Island, SC, 1944-1945), Bill Boehling, (910) 763-6361, boehlingm@hotmail.com
- STRATCOM Long Line Bn (Korat, Thailand, 1966-1967), Darrel R. Baltzell, (218) 751-8475, drb8475@paulbunyan.net
- YOG 32 (Reykjavik, Iceland, 1955-1956), Frank Cahill, (856) 667-1237, carpo139@aol.com

TAPS

- Edward M. Farr, Dept. of Nebraska. Dept. Cmdr. 1980-1981, Nat'l Distinguished Guests Cmte. Vice Chmn. 1981-1982, Nat'l Foreign Relations Cncl. Vice Chmn. 1986-1988 and Nat'l Legis. Cncl. Memb. 2002-2005.
- James W. Hackney, Dept. of California. Nat'l & Homeland Sec. Cncl. Vice Chmn. 1979-1982,1993-1994 and 2004-2006, Nat'l Distinguished Guests Cmte. Vice Chmn. 1981-1982, Dept. Cmdr. 2003-2004, Nat'l Exec. Cmte. Memb. 2006-2008, Nat'l Public Relations Cmsn. Liaison Cmte. Memb. 2006-2007. Nat'l Legis. Cncl. Memb. 2003-2009, and Nat'l Legis. Cmsn. Liaison Cmte. Memb. 2007-2008.
- Harry W. Moore, North Dakota. Nat'l Memb. & Post Activ. Cmte. Memb. 1967-1984, Nat'l Public Relations Cmsn. Memb. 1987-2002, Dept. Cmdr. 1991-1992 and Nat'l Exec. Cmte. Alt. Memb. 1996-1998.
- Dr. Almo J. Sebastianelli, Dept. of Pennsylvania. Nat'l Aerospace Cmte. Memb. 1955-1961, Nat'l Econ. Cmsn. Chmn. 1961-1963, Nat'l Finance Cmsn. Memb. 1963-1969, Nat'l Child Welfare Foundation Director 1965-1969, Nat'l Child Welfare Foundation Treasurer 1967-1968, Nat'l Child Welfare Foundation Vice Pres., 1968-1969, Nat'l Exec. Cmte. Alt. Memb. 1968-1972, Nat'l Conv. Cmsn. Nat'l Cmdr's Rep. 1969-1971, Nat'l Conv. Cmsn. Consultant 1971-1974, Nat'l Exec. Cmte. Memb. 1974-1980, Nat'l Conv. Cmsn. Liaison Cmte. Memb. 1974-1979. Nat'l Legis. Cncl. Memb. 1976-1983, 1986-1990, 1993-1994, 1999-2000 and 2001-2009, Nat'l Resolution Subcmte. Memb. 1979-1980, Nat'l Vice Cmdr. 1980-1981, Nat'l Contests Supervisory Cmte. Memb. 1981-1982, Nat'l Legis, Cmsn. Memb. 1982-1987, Nat'l Legis, Cncl. Vice Chmn. 1983-1986, Nat'l Advisory Cmte. to the Nat'l Cmdr. Memb. 1985-1999 and Nat'l Conv. Cmsn. Memb. 1999- 2009
- Donald F. Siuda, Dept. of New York. Nat'l Distinguished Guests Cmte. Vice Chmn. 2004-2009
- Loyd Van Treese, Dept. of Colorado. Nat'l Veterans Preference Cmte, Memb. 1960-1961. Nat'l Memb. & Post Activ. Cmte. Memb. 1965-1966, Nat'l & Homeland Sec. Cncl. Memb. 1965-1966, Nat'l Foreign Relations Cncl. Vice Chmn. 1966-1967, Nat'l Distinguished Guests Cmte. Memb. 1968-1969, Dept. Cmdr. 1972-1973, Nat'l Distinguished Guests Cmte. Vice Chmn. 1974-1975 and Nat'l & Homeland Sec. Cncl. Vice Chmn. 1990-1995.



RINGING IN THE EARS?

If you suffer from Tinnitus and experience symptoms such as ringing in the ears or buzzing, hissing, whistling, or other sounds, you should know that help is available. Many people are putting up with irritating Tinnitus problems because they are not aware of this proven treatment.

MagniLife® Tinnitus Relief has already helped thousands find relief when nothing else has worked. It can be taken along with other medications with no side effects. "This tablet seems to be the only thing I've found that brings relief." - Bert M., Mt. Pleasant. IA.

The tablets dissolve under the tongue, and contain Lycopodium, which has shown to reduce

noises in the ear. "I would definitely recommend this product to anyone." - C. Robinson, Ohio.

MagniLife® Tinnitus Relief has been so successful that it is now available at Rite Aid Pharmacies, located in the vitamin aisle. It can also be ordered for \$19.99 (plus \$4.95 shipping and handling) for 125 tablets per bottle. Order two bottles for \$37.98 (plus \$7.95 S&H) and receive a third bottle FREE. Simply send your name and address with payment to: MagniLife, Dept. TAL-1, P.O. Box 1600, McKinney, TX 75070 or call 1-800-590-9551. Satisfaction guaranteed or return the bottle within 90 days for a refund of the product purchase price. Order now at www.MagniLife.com.

RESTLESS LEGS?

If uncomfortable sensations in your legs accompanied by an irresistible urge to move are keeping you from falling asleep, you may have Restless Legs Syndrome (RLS).

RLS is a common sleep disorder that affects 30 million Americans. What many people may not know is that there is a proven treatment that has been helping thousands get relief and get to sleep. MagniLife® Restless Legs Relief tablets contain ingredients that relieve RLS symptoms such as creepy, crawly, tingling, and pulling sensations that urge you to move your legs when resting.

MagniLife® Restless Legs Relief allows you to rest comfortably again without the risk of side effects. It can safely be taken along with

other medications. "There are no side effects, unless you count getting a good night's sleep a side effect." - Eileen, Minnesota.

MagniLife® Restless Legs Relief has been so successful that it is now available at Rite Aid Pharmacies, located in the vitamin aisle. It can also be ordered for \$19.99 (plus \$4.95 shipping and handling) for 125 tablets per bottle. Order two bottles for \$37.98 (plus \$7.95 S&H) and receive a third bottle FREE. Send your name and address, with payment to: MagniLife, Dept. RAL-1, P.O. Box 1600, McKinney, TX 75070 or call 1-800-590-9551. Satisfaction guaranteed or return the bottle within 90 days for a refund of the product purchase price. Order now at www.MagniLife.com.

SCIATICA PAIN?

If you've ever suffered from Sciatica symptoms, such as intense pain in the buttocks and lower back, or pain and numbness in your legs and feet, you are not alone. Over 170 million people suffer from the burning, tingling, numbing, and shooting pain because they are not aware there is a proven treatment available.

MagniLife® Sciatica Relief is a special blend of all-natural ingredients that was developed to help ease the severe discomfort of symptoms of Sciatica. Easy-to-take tablets dissolve under the tongue, and can safely be taken with other medications without side effects. "The Sciatica Relief tablets are a miracle solution to the pain of Sciatica." - Lillie, California.

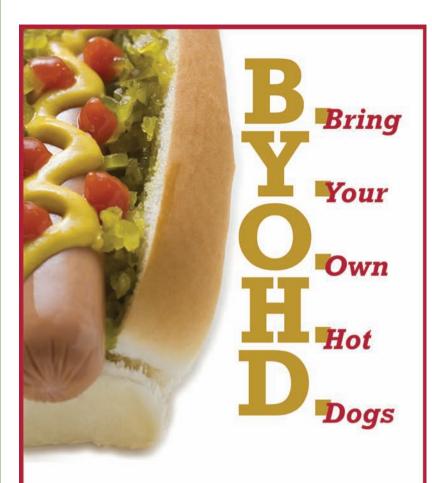
MagniLife® Sciatica Relief has been so successful that it is now available at Rite Aid Pharmacies, located in the vitamin aisle. It can also be ordered for \$19.99 (plus \$4.95 shipping and handling) for 125 tablets per bottle. Order two bottles for \$37.98 (plus \$7.95 S&H) and receive a third bottle FREE. Simply send your name and address with payment to: MagniLife, Dept. SAL-1, P.O. Box 1600, McKinney, TX 75070 or call 1-800-590-9551. Satisfaction guaranteed or return the bottle within 90 days for a refund of the product purchase price. Order now at www.MagniLife.com.

FIBROMYALGIA SUFFERER?

If you suffer from aches and pains all over, have difficulty sleeping, and have the feeling of little or no energy, you may be one of the six million Americans who suffer from Fibromyalgia – a set of chronic pain symptoms that occur together but have no known cause. These pains can be in the neck, shoulders, back, arms and legs and can be accompanied by muscle tendemess and soreness. There is no need to suffer another day thanks to a new proven treatment that relieves day in and day out pain.

MagniLife® Fibromyalgia Relief contains tested and proven all natural ingredients, such as Hypericum Perforatum, that provide relief when other treatments have failed. Easy-to-take tablets dissolve under the tongue and can safely be taken with other medications without side effects. "I have tried your Fibromyalgia tablets, and they are great. They work." – Michelle G., Blue Ridge, TX.

Try it risk free. MagniLife® Fibromyalgia Relief is available for \$19.99 (plus \$4.95 shipping and handling) for 125 tablets per bottle. Order two bottles for \$37.98 (plus \$7.95 S&H) and receive a third bottle FREE. Simply send your name and address with payment to: MagniLife, Dept FAL-1, P.O. Box 1600, McKinney, TX 75070 or call 1-800-590-9551. Satisfaction guaranteed or return the bottle within 90 days for a refund of the product purchase price. Order now at www.MagniLife.com.



American Legion Baseball 2009 World Series

EXCLUSIVE WEBCAST

Live from Fargo, North Dakota **AUGUST 14-18**

> **FIND OUT MORE ONLINE** WWW.POST2BASEBALL.COM/2009WORLDSERIES.ASPX





Rinas to Honor





Call today for a FREE color catalog of over 150 eye-catching Classic Military Rings, plus a Special Report you should read before buying any service ring: 1-573-221-7786 (24 hr. recorded message). Or write: Classic Rings. 1209 Broadway, Dept. A-509, Hannibal MO 63401. Code A-509

www.ClassicRings.com

STRONGER THAN

Pharmaceutical Grade Alternative Without Prescription!

(30 tabs) - blue 100mg \$89.95 (60 tabs) - Save \$40.00 \$129.95 (90 tabs) - Save \$70.00 \$179.95

Order Today 24 HR Order Line! Credit Cards & Check By Phone.

or Send Check or M.O. To: P.E. LABS, 6409 S. Western Ave Oklahoma City, OK 73139-1703

www.usaveonpills.com





Call 800·223·4103



Legionnaires can save money & make relocating easy!

· Receive special discounts on your next





Buying or Selling your home?

- Earn thousands in cash back by using our preferred realtors.
- VA, FHA & Conventional financing available. (Collect \$300 closing cost reward)
- Plus, earn more savings and rewards!

Call 1.866.813.3620 for details or visit http://legion.myhomebenefits.com

> Allied Van Lines, Inc. U.S. DOT No. 076235 North American Van Lines Inc. LLS, DOT No. 070851

U.S. MILITARY MEDALS & RIBBONS FREE COLOR CATALOG! FREE SHIPPING! OLL FREE TEL: 800-864-5062 VETS SUPPLY LINE 10550 CO RD 81, #218 MAPLE GROVE, MN 55369 WEB SITE: www.MilitaryVetsPX.com USTOM BALL CAPS-NAVY SHIP **CUSTOM BALL CAPS-NAVY SHIP CAPS**

OXYGEN USERS Oxlife's NEW battery-powered continuous flow Oxygen Concentrator. U.S.A.-made. Lightweight—carry over shoulder. Restore Your Independence! Travel worldwide 1-800-780-2616 • www.oxlifeinc.com



30-DAY TRIAL

TRY BEFORE YOU BUY

GUARANTEED LOWEST PRICES! ·ALL MAKES & MODELS ·TERMS ARRANGED ·30 YRS, EXPERIENCE ·ALL MAKE REPAIRS ·CUSTOM INSTRUMENT SPECIALISTS ·

FOR FREE INFORMATION CALL:

1-800-323-421

We're the oldest, biggest and best

LLOYDS, DEPT. AL P.O. BOX 7355, ROCKFORD, IL 61126 Visit our Website at www.lloydhearingaid.com NOT AVAILABLE IN WA.

10 Day Tour \$995 to \$1195 Affordable Adventure

Caravan makes it so easy and affordable for you and your family to explore Costa Rica's magnificent rainforests, beaches



FULLY ESCORTED TOURS SINCE 1952 Call Today for Your Free 28 Page Brochure







Doug and Diane Nash Toll Free 866-743-8770



IMPOTENCE SOLVED

COVERED BY MEDICARE

If you have Medicare or Insurance, you may be eligible to receive the NEW Encore Deluxe Erection System at little or no cost. The NEW Encore Deluxe System has both a manual and battery pump.

RATED #1 BY UROLOGISTS

Encore is the only manufacturer that offers both pumps as one Deluxe System.

For more information call:

1-800-475-3091



7696 15th St. E. · Sarasota, FL 34243

PARTING SHOTS

Where there's a will, there are 500 relatives.

THE NAVY CHIEF noticed a new seaman and barked at him, "Get over here! What's your name?"

"Paul," the new seaman replied.

"Look, I don't know what kind of bleeding-heart pansy crap they're teaching sailors in boot camp today, but I don't call anyone by his first name," the chief scowled. "It breeds familiarity, and that leads to a breakdown in authority. I refer to my sailors by their last names only: Smith, Jones, Baker. I am to be referred to only as 'Chief.' Do I make myself clear?"

"Aye, Chief!"

"Now that we've got that straight, what's your last name?"

The new seaman sighed. "Darling. My name is Paul Darling, Chief."

"OK, Paul, here's what I want you to do"

ONE MORNING, members of a local highway department crew reached their job site and realized they'd forgotten their shovels.

The crew's foreman radioed the office and told his supervisor the situation.

"Don't worry," the supervisor radioed back.
"We'll send some shovels. Just lean on each other until they arrive."

WHAT'S THE DIFFERENCE between investment bankers and pigeons? Well, pigeons can still make deposits on new BMWs.



"Well, do you feel \$78,000 smarter?"



"Assuming your golf handicap checks out, the job's all yours!"



"We can barely afford to live beyond our means anymore."

A HIGHLY publicized murder trial was about to begin. During the jury selection, each side hotly contested and dismissed potential jurors.

One prospective juror, Dan, was called into a room for questioning.

"Property holder?" he was asked.

Dan replied, "Yes, I am, Your Honor."

"Married or single?"

"Married for 20 years, Your Honor."

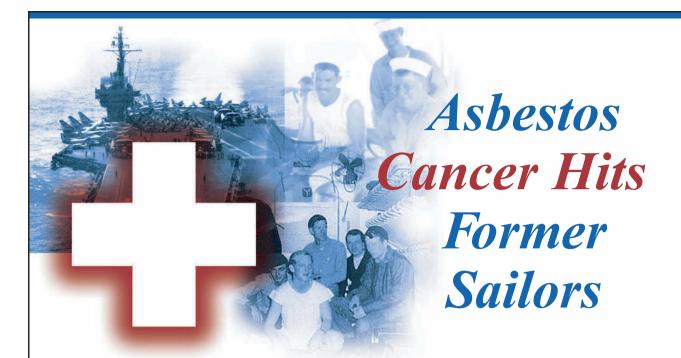
"Formed or expressed an opinion?"

"Not in 20 years, Your Honor."

A RETIRED MAN who volunteered to entertain patients went to a local hospital, taking his keyboard with him. When he finished singing for one older gentleman, he said, "I hope you get better."

The elderly gentleman replied, "I hope you get better, too."

"THE PRESIDENT of Kazakhstan has proposed that we take the idea of the euro one step further. He wants to have a single currency for the whole world. Every economy would be based on the same monetary unit. We're doing that already. It's called oil." – *Jay Leno*



Many sailors who served their country proudly aboard ships in the World War II, Korean, and Vietnam War eras, are now being **diagnosed with asbestos-related cancers**.

FOR COMPENSATION INFORMATION: FREE PACKET for mesothelioma or lung cancer, diagnosis/death, please contact:



Toll Free 1-800-998-9729

Email: info@thedavidlawfirm.com www.asbestos-attorney.com/n4658

The David Law Firm, P.C. Jonathan David* 10655 Six Pines Drive, #260 The Woodlands, TX 77380 (Greater Houston Area)

Handling cases nationwide with local co-counsel in state of filing.

* Licensed by the Supreme Court of Texas.

FOR MEDICAL INFORMATION: FREE PACKET for mesothelioma patients, please contact:



Toll Free 1-877-367-6376

Email: info@mesotheliomaweb.org www.mesotheliomaweb.org/n4658

The most comprehensive resource for Mesothelioma patients and their families.

The David Law Firm is a Proud Sponsor of The American Legion "Freedom Car"



